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*25% lower in carbohydrates than the average raw potato listed in the AustNut 2011-13 Food Database.

AUSTRALIAN

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Bonus!
18-PAGE WINTER DIET PLAN

WEEKNIGHT DINNERS

HEARTY STEWS

A SWEET FINISH

MAKE YOUR *MOVE*

WHY IT MATTERS

PLUS

25 *ways to get going*

STEVE'S STORY

"I didn't want to lose both legs to diabetes"

BERRY & APPLE CRUMBLE
p78

JUL/AUG 2021 $8.50 NZ $9.20

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WEIGHT LOSS
How to make it stick for good this time

FRANKEN FOOD
Why ultra-processed food is so bad for you

MIND MATTERS
Understanding BGLs and brain function

Need to lose weight?
Formulite could be just what the doctor ordered.

FORMULITE
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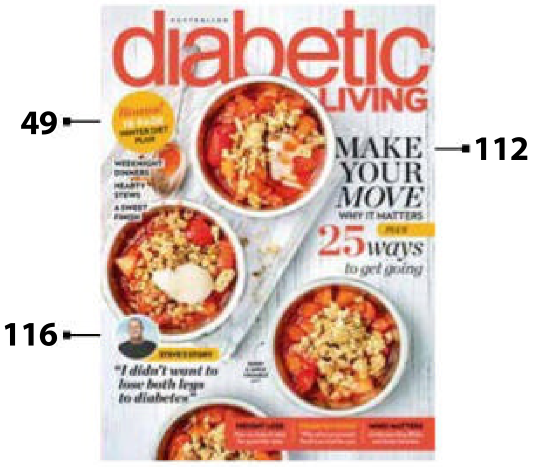
SHAKE FORMULA
VERY LOW CALORIE DIET
WEIGHT MANAGEMENT SOLUTION
A HEALTHIER CHOICE
High Protein / Low Carb
FORMULITE
Choc Hazelnut
SHAKE & TAKE
VERY LOW CALORIE DIET
WEIGHT MANAGEMENT SOLUTION
A HEALTHIER CHOICE
High Protein / Low Carb

When people with diabetes need to lose weight, more and more doctors and dietitians are providing the same advice: take Formulite. High in protein but low in sugar, it's ideal for maintaining blood glucose levels during weight loss. And with flavours like coffee, vanilla and choc hazelnut, losing weight has never tasted so good. Explore the full range online, and remember to always consult your doctor or dietitian before taking any weight loss products.

To order your trial pack, visit formulite.com.au

FORMULITE



SPECIAL OFFER
Turn to page 128 and subscribe to *Diabetic Living*, for your chance to win a Thermomix!

JULY/AUGUST 2021

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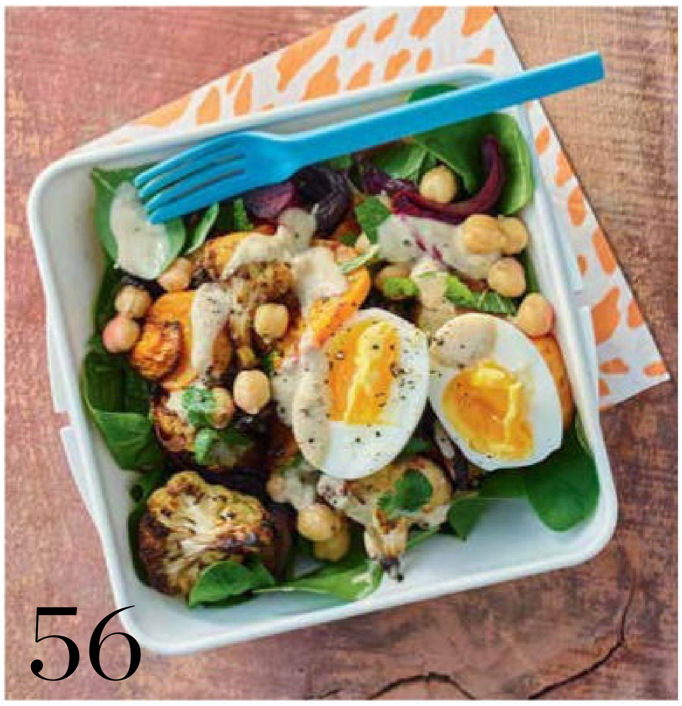

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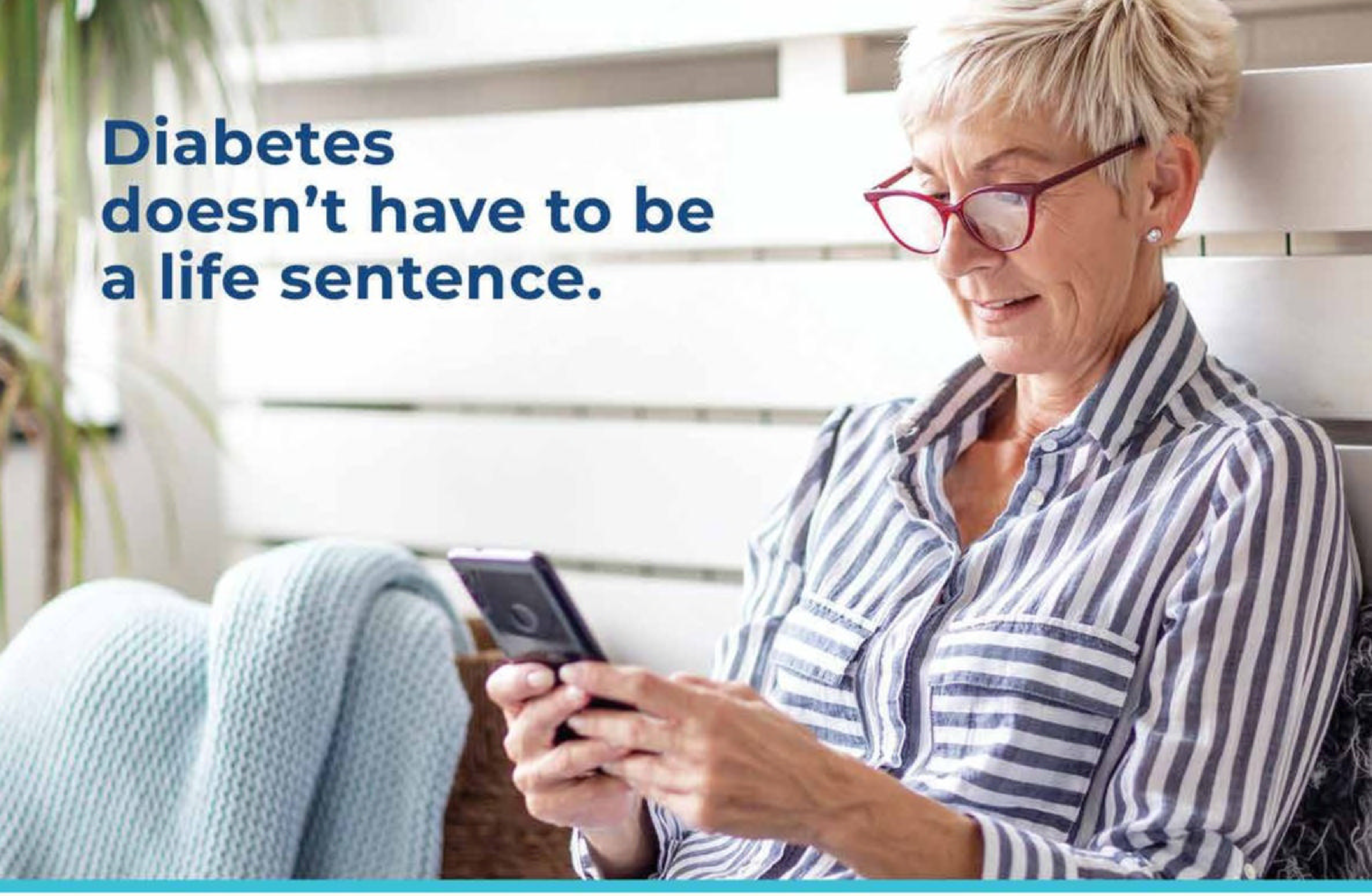
Diabetes doesn't have to be a life sentence.

We provide the option of reversal for those with, or at risk of, type 2 diabetes.

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Speak to one of our Diabetes Reversal Experts on

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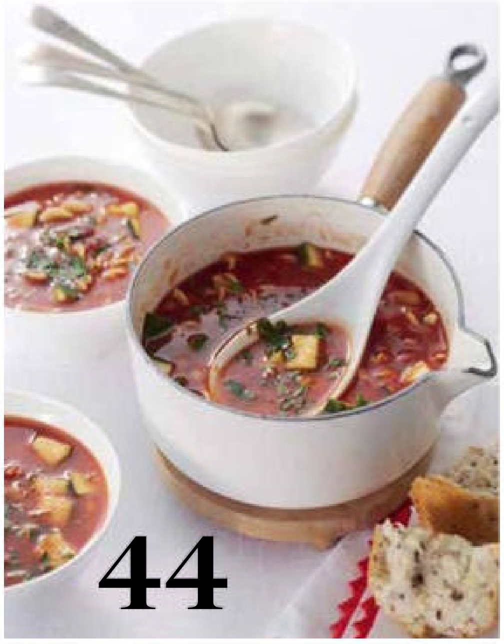

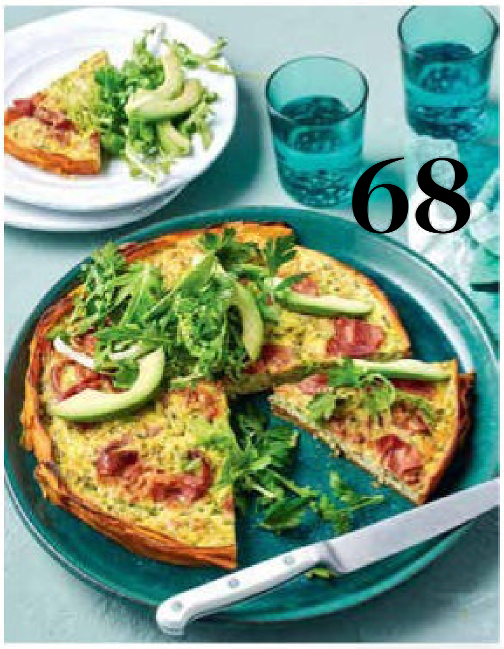

diabetic living
LIVING THE LOWER-CARB LIFE
Lower Carb collection
Dessert dreams
88 WAIST-FRIENDLY RECIPES

LOWER CARB COLLECTION
ON SALE JUNE 21

Inspiration I needed

One of my favourite features in this magazine is our regular My Story slot where we hear from people who have lived with diabetes. All of them have overcome struggles and in this issue Steve Dale's story is a real inspiration. He's been dealt more than a few hard knocks along the way and has come back from them every time – turn to page 116 to read about how he narrowly avoided losing his second leg to amputation. I loved Steve's story and his can-do attitude and it was just what I needed in a week where I'd felt a bit "moany". If you'd like to share your story and inspire other readers, we'd love to hear from you!

When it's cold outside it can be easy to stop moving – the couch beckons, your bed is warm and it can all seem a bit hard. But the latest research from the Baker Heart and Diabetes Research Institute shows just how important movement is and (bonus) that it doesn't have to be a huge effort – every little bit counts. To get you started, we've got 25 easy ways to move more – turn to page 112 for inspiration.

If you're working on eating lower carb, you'll love our new special issue - a collection of our favourite lower carb recipes. It's full of satisfying mains, super salads, slurpable soups and some sweet treats as well. I hope you enjoy it!

Wishing you all the best for a healthy winter!

Alix

Alix Davis,
Editor

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers

✉ diabeticliving@aremedia.com.au

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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.
diabetes australia
Coeliac Australia

PHOTOGRAPHY IMMEDIATE MEDIA.

JUST diagnosed

START HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around 'diabetes lingo'? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialled Diabetes Educator for more guidance.
- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

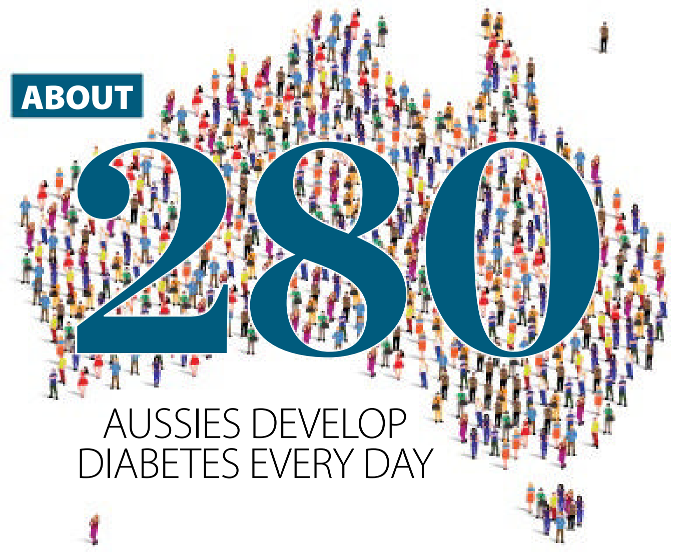
WORDS KAREN FITTALL; PHOTOGRAPHY GETTY IMAGES

TYPE 1 & TYPE 2...

What's the difference?

TYPE 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

TYPE 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.



FOOD MYTHS FOR PWD

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

TAKE THIS TO HEART

1 You're not alone

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 It's your move

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as five per cent of your body weight – can also have a positive impact.

3 We're here

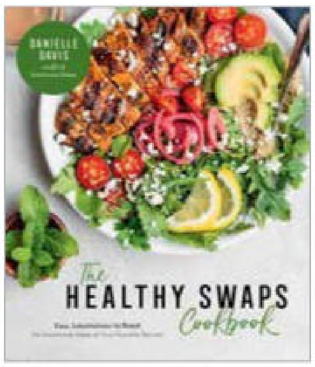
Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar, and a whole heap of healthy recipes. ■

YOUR healthy life

The latest & global news on diabetes, heart health, fitness and books

EAT YOUR GREENS

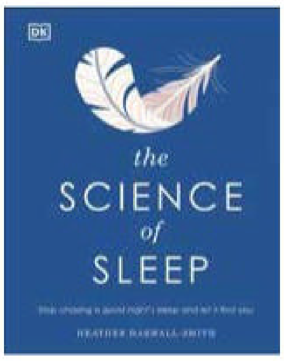
Fresh research proves it's good advice. An Australian study published in *The Journal of Nutrition* earlier this year shows that eating just one cup of leafy green vegetables every day boosts muscle function and strength, regardless of how much exercise you do. Considering muscle function's role in falls and fracture prevention, that's good news for everyone, but it may be particularly important for people living with type 2 diabetes, who tend to have poorer muscle function, perhaps due to the inhibition of a gene that's involved in forming new muscle cells. What gives green veggies their muscle-building strength? The researchers say it's because they're rich in nitrate, a compound that allows more blood and oxygen to reach your muscles once it's digested.



The Healthy Swaps Cookbook

by Danielle Davis
Page Street Publishing, $39.99

Eating more healthily doesn't mean abandoning your favourite dishes completely – sometimes all it takes is a tweak here and an ingredient swap there to give your go-to meals a healthier spin. Whether you're trying to cut back on refined sugars, find lower-carb options or fill your diet with more nutrients, the 60 recipes in this book have you covered.



The Science of Sleep

by Heather Darwall-Smith
Dorling Kindersley, $29.99

Is feeling stressed out by not being able to get a good night's sleep keeping you up? Heather Darwall-Smith, a psychotherapist who specialises in sleep, cuts through the clamour to help you get to the heart of why sleep is eluding you and what you can do about it.

Need-to-know info about gestational diabetes

Women who develop gestational diabetes during pregnancy are 10 times more likely to develop type 2 diabetes, a fact that only a third of women who've had gestational diabetes realise, according to research performed at the University of South Australia. Kristy Gray, the study's lead researcher, says understanding the risks of developing type 2 diabetes post gestational diabetes is essential, because prevention is the key. "Gestational diabetes is the fastest growing type of diabetes in Australia, affecting thousands of pregnant women each year and globally, it affects almost one in five pregnancies. Being overweight is a common risk factor for developing type 2 diabetes, making post-pregnancy weight loss important in preventing onset of this disease."

Q&A ASK DR MARSH

Sticking to a healthy diet is more difficult in winter, when I feel hungrier and want heavier meals. Do you have any tips?

Kate says: Many people find eating well is more challenging over winter, when fresh fruit and salads are less enticing. But there are plenty of winter meals that are healthy, hearty and tasty:

- Eat a warm bowl of porridge for breakfast. Use traditional (not quick) oats and add stewed apple and cinnamon. Or try wholegrain toast with baked beans, or poached eggs with grilled tomato, mushrooms and sauteed spinach.
- Make a big pot of soup on the weekend and freeze in individual portions for weekday lunches. Include plenty of your favourite vegetables and dried beans or lentils for protein, low GI carbs and fibre. If you can't heat it at lunchtime, do that in the morning and store in a thermos.
- Casseroles and curries make great winter dinners and can also be prepared ahead of time and reheated. Use lean meats, chicken and/or legumes and lots of vegetables, with canned tomatoes and your favourite herbs and spices.

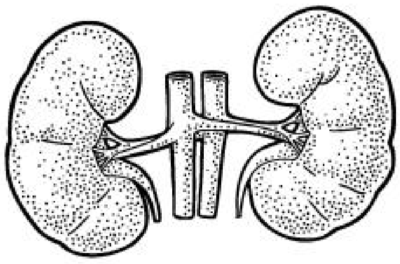
Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator

A heartfelt message

You might already know that olive oil packs a bigger punch in terms of health benefits than some other types of cooking oils, but a study recently published in *The International Journal of Cardiology* confirms just how good for your heart it can be. When researchers asked 20 adults with prediabetes to drink a smoothie that contained 50 millilitres, or about 2.5 tablespoons, of extra virgin olive oil, two hours later, something called their endothelial function had improved. A measure of blood-vessel elasticity, endothelial function is considered an independent predictor for the risk of cardiovascular events – and that matters when you're living with diabetes, which can bump up your risk of cardiovascular disease. The key to making it work? Check the quality of your olive oil. While the extra virgin variety delivered heart-health benefits in this new study, refined olive oils – which may be labelled simply as virgin olive oil, olive oil, or light and extra-light olive oil – didn't.

CAN A 4-MINUTE WORKOUT REALLY DELIVER HEALTH BENEFITS?

It turns out it is a genuine 'thing' as far as your health is concerned. Research shows that doing a 4-minute burst of high-intensity exercise three times a week for 12 weeks significantly improved blood sugar levels, fat in the liver and cardio fitness in adults with type 2 diabetes. Even better news? The improvements were on par with those delivered by regular 45-minute sessions of moderate intensity exercise. As with all kinds of vigorous exercise, check in with your doctor first before you get physical.



40%

THE PERCENTAGE OF AUSTRALIANS LIVING WITH DIABETES WHO DON'T KNOW, OR ARE UNSURE OF, WHAT CHRONIC KIDNEY DISEASE IS. TO TURN THAT AROUND IF YOU'RE ONE OF THEM, HEAD TO KIDNEY.ORG.AU/NOFILTER

Love bacon? Your brain wants you to read this…

A new study out of the UK's University of Leeds has discovered that eating a 25g serve of processed meat a day, which is roughly the equivalent of one rasher of bacon, is associated with a 44 per cent increased risk of developing dementia. An umbrella term for a collection of symptoms caused by more than 100 diseases that affect the brain including Alzheimer's disease, living with diabetes means you're already twice as likely to develop dementia. The message? For your brain's health, aim to cut out or go slow on processed meats like bacon, ham, salami, devon, chorizo and cabanossi.

Q&A ASK DR BISHAY

I keep hearing that intermittent fasting can help with weight loss. Does it work and is it an option if I've got diabetes?

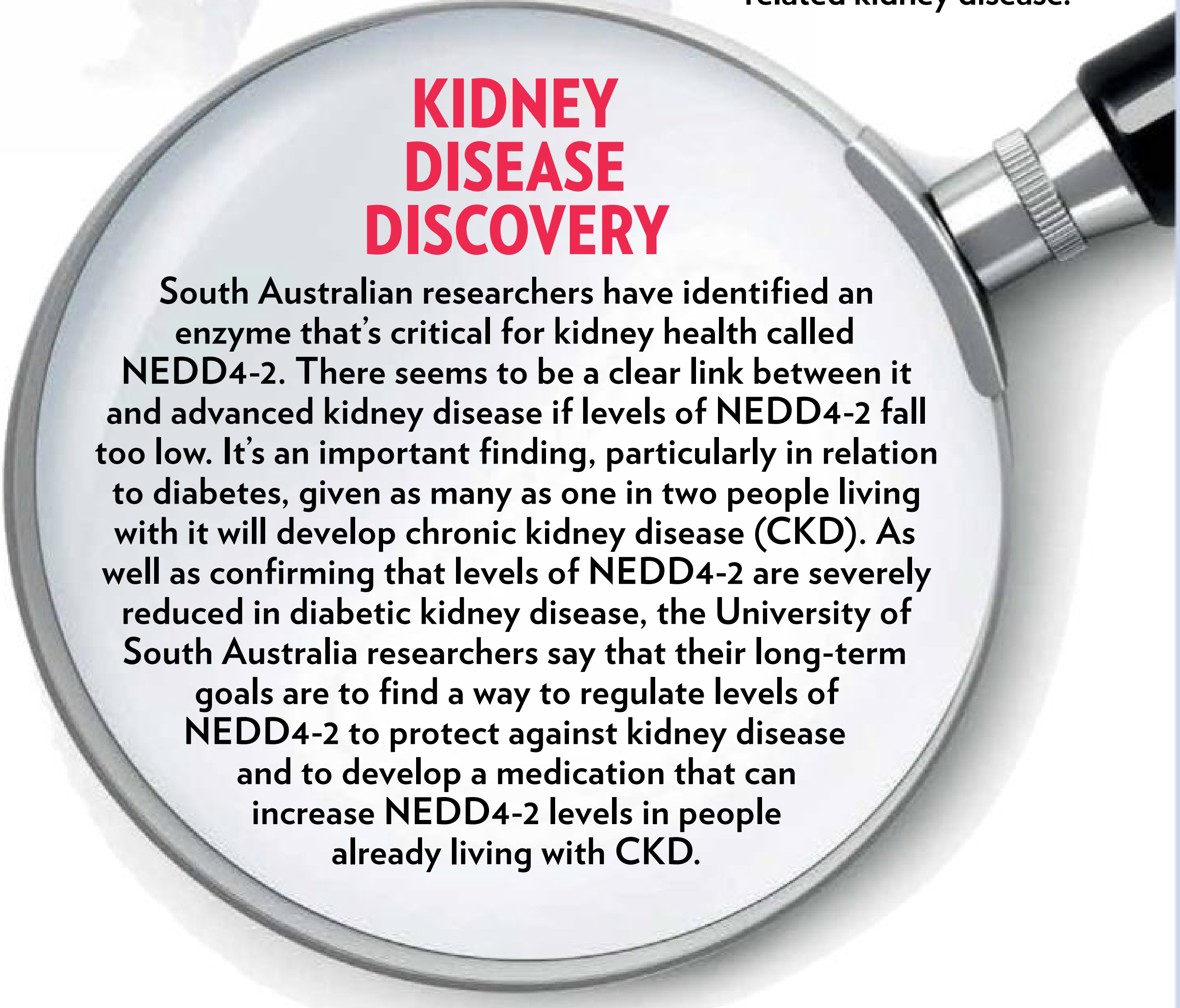
Ramy says: The evidence is mixed, but generally speaking, intermittent fasting is an effective alternative to the continuous restriction of calories that many of us are used to when we think about weight loss. It has also been shown to help reduce insulin levels, fasting blood sugars and cholesterol, at least in the short term. Longer-term studies tend to show similar benefits to using continuous caloric restriction. In the end, whatever you choose to do for weight loss, it's adherence that's key.

There are many variations of intermittent fasting, including 5:2 and 16:8, but fasting for 12 hours – from 8pm to 8am, for example – is a safe, simple way to obtain some of the health benefits without over-complicating things, for most people. However, before you try any type of fasting, you need to speak to your GP or diabetes specialist, because your medication may need to be reduced or ceased to avoid hypoglycaemia.

Dr Ramy Bishay, endocrinologist & bariatric physician

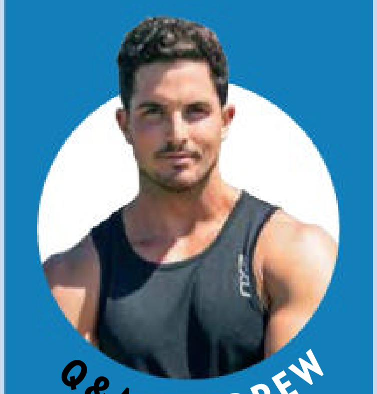
HOPE IS AT HAND

To mark the centenary of the discovery of insulin, 19 new home-grown diabetes research projects funded by the Diabetes Australia Research Program in Victoria have been given the green light. “This includes projects like The University of Melbourne’s Dr Magdalene Montgomery’s research into a potential new treatment for diabetes,” says Diabetes Australia CEO Professor Greg Johnson. “She has identified a protein released by the liver that could lead to a new treatment in a long-lasting form of the protein, which could be delivered as a weekly injection. Another is Dr Matthew Snelson’s research into the effectiveness of resistant starch, found in foods like whole grains and legumes, in slowing the progression of diabetes-related kidney disease.”



KIDNEY DISEASE DISCOVERY

South Australian researchers have identified an enzyme that’s critical for kidney health called NEDD4-2. There seems to be a clear link between it and advanced kidney disease if levels of NEDD4-2 fall too low. It’s an important finding, particularly in relation to diabetes, given as many as one in two people living with it will develop chronic kidney disease (CKD). As well as confirming that levels of NEDD4-2 are severely reduced in diabetic kidney disease, the University of South Australia researchers say that their long-term goals are to find a way to regulate levels of NEDD4-2 to protect against kidney disease and to develop a medication that can increase NEDD4-2 levels in people already living with CKD.



Q&A ASK DREW

I’ve been diagnosed with type 2 and know that doing some regular exercise would be good for me, but I don’t know where to start. Can you help?

Drew says: Firstly, if you have a fear of or feel any resistance towards exercising, start by replacing the word ‘exercise’ with ‘movement’. The truth is, not every ‘workout’ needs to be structured or made up of sets and reps. To be beneficial, physical activity just needs to be consistent across the week. So move your body in a way that feels right for you, every day, whether that’s dancing, gardening, or playing golf or tennis.

Another really easy way to start moving is simply by going for a walk after meals. It’s a scientifically proven way to flatten your blood glucose curve and help manage your diabetes.

Then, think about incorporating some resistance exercises, using your body weight, free weights or weight machines two or three times a week. This type of exercise is great for improving insulin sensitivity. And remember, the key with exercise is to create daily consistency and weekly diversity to maintain interest.

Drew Harrisberg, exercise physiologist & diabetes educator ■

TEXT KAREN FITTALL PHOTOGRAPHY GETTY IMAGES, ADOBE STOCK

SPUD LITE™
25% LESS CARBS
THAN OTHER POTATOES*
ALL PURPOSE COOKING

BABY SPUD LITE
SPUD LITE
Lite on carbs. Rite on taste.
25% LESS CARBS
THAN OTHER POTATOES
MICRO SPUD LITE
Zerella

SPANISH STYLE MEATLOAF

Prep time: 20 mins | **Cooking time:** 1 hour 10 mins | **Serves:** 6-8

INGREDIENTS:

2 tsp. olive oil
1 large brown onion, finely chopped
2 cloves garlic, crushed
375g pork mince
375g beef mince
1 chorizo, skin removed, finely chopped
⅓ cup semi dried tomatoes, chopped
1 ½ tsp. sweet smoked paprika
1 tsp. ground coriander
½ tsp. ground cumin
finely grated zest of 1 lemon
¼ cup green olives
1 tbsp. baby capers, drained
1 cup fresh breadcrumbs
2 eggs, lightly beaten
100g chargrilled capsicums, pureed
½ cup parsley, roughly chopped

MASHED POTATO

750g Spud Lite potatoes, peeled & diced
¼ cup aioli; ¼ cup grated parmesan

METHOD:

1. Preheat oven to 220°C (200°C fan-forced). Grease a 12cm x 22cm loaf tin and line with baking paper.
2. Steam potatoes for 15 minutes or until tender. Drain well. Mash until smooth. Return pan to a medium heat, stirring constantly for 1-2 mins.
3. Add aioli and parmesan to mashed potatoes, season with salt & pepper and stir until smooth. Remove from heat and set aside until required.
4. Combine olive oil, onion and garlic in a small saucepan over a low heat. Cover and cook for 10 mins or until onion is tender. Remove from heat and allow to cool.
5. Place all meatloaf ingredients together in a large bowl, mixing until well combined. Season with salt & pepper.
6. Transfer into the loaf tin, and bake for 30 mins. Remove from oven, reducing temperature to 200°C/180°C fan-forced. Top meatloaf with mashed potato. Bake for a further 30 mins. Allow to cool for 10 mins before serving.

Spud Lite is a potato that naturally has **25% less carbs** than your average potato*.

spudlite.com.au

#spudlite

Zerella FRESH

*25% lower in carbohydrates than the average raw potato listed in the AustNut 2011-13 Food Database.

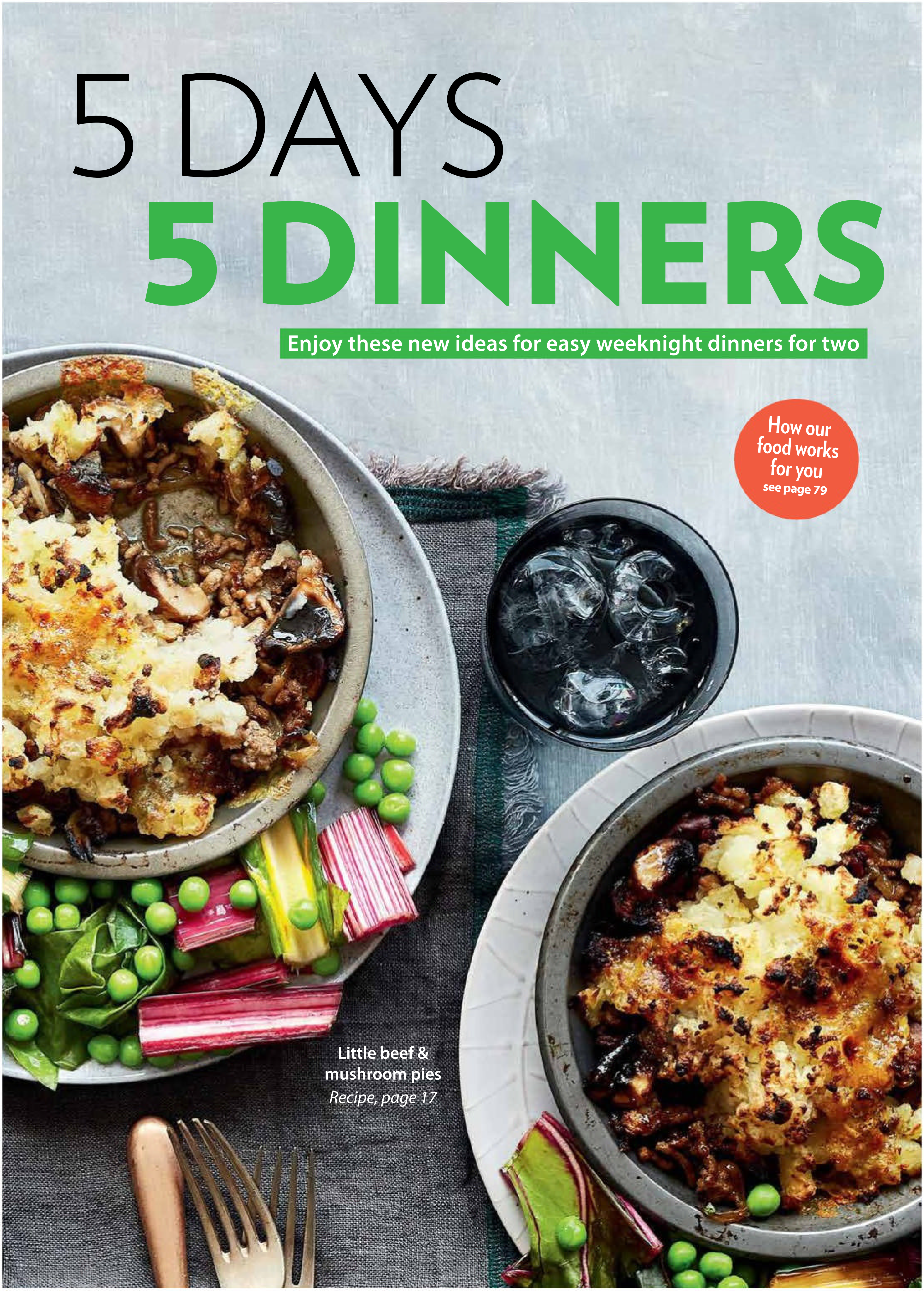
Chickpea & cauliflower curry
Recipe, page 17

LOWER-CARB OPTION
Drop the rice and naan bread; instead serve on a bed of broccoli or cauliflower rice (allow about 1 cup per serve).

5 DAYS
5 DINNERS

Enjoy these new ideas for easy weeknight dinners for two

How our food works for you see page 79



Little beef & mushroom pies
Recipe, page 17

MONDAY GFO LC

PESTO SALMON & BEANS

PREP 15 MINS **COOK** 20 MINS
SERVES 2 (AS A MAIN)

- **30g baby spinach leaves**
- **½ x 420g can drained no-added-salt cannellini beans**
- **100g cherry tomatoes, halved**
- **1 tsp olive oil**
- **Zest and juice of 1 small lemon**
- **1 Tbsp goat's cheese**
- **1 Tbsp pesto or gluten-free pesto**
- **30g dried breadcrumbs or gluten-free breadcrumbs**
- **10g grated parmesan**
- **2 tsp pine nuts**
- **2 x 150g skinless and boneless salmon fillets**

1 Preheat oven to 180°C (fan-forced). Divide the spinach between two individual baking dishes (make sure the dishes are safe to use from the freezer to the oven). Spoon over the beans and tomatoes and drizzle with the oil. Scatter over a little of the lemon zest and squeeze over some juice, then season with freshly ground pepper. Toss everything together.

2 Mix the goat's cheese and pesto together in one bowl, and the breadcrumbs, parmesan and pine nuts in another. Season the salmon fillets with pepper and lay one in each dish. Spread the goat's cheese mix over the salmon fillets.

3 Scatter the salmon with the cheesy breadcrumbs, pressing onto the salmon (it's okay if it also gets on the veg and beans a little). Bake for 20-25 minutes, or until the salmon is cooked through and the crumbs are golden. Serve.

Nutrition info

PER SERVE 2350kJ, **protein** 44g, **total fat** 32g (sat. fat 10g), **carbs** 20g, **fibre** 7g, **sodium** 440mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

TUESDAY

CHICKPEA & CAULIFLOWER CURRY

PREP 10 MINS **COOK** 30 MINS
SERVES 2 (AS A MAIN)

300g cauliflower, broken into small florets
1 small brown onion, roughly chopped
2cm piece ginger, peeled and roughly chopped
1 clove garlic, roughly chopped
1½ Tbsp water
1 Tbsp olive oil
2 tsp madras curry powder
1 tsp black mustard seeds
1 tsp cumin seeds
½ tsp ground turmeric
200ml light coconut milk
½ tsp salt-reduced vegetable stock powder or gluten-free stock powder
80ml (1/3 cup) boiling water
½ x 400g can no-added-salt chickpeas
Handful coriander leaves, to serve
70g (1/3 cup) Sun Rice Clever Low GI White Rice cooked, to serve
1 small (48g) naan bread, warmed following packet instructions, halved, to serve

1 Cook the cauliflower in a saucepan of boiling water for 3 minutes. Drain and set aside.

2 Put the onion, ginger, garlic and water in a small food processor and blend until smooth.

3 Heat the oil in a large saucepan over medium heat. Add the onion puree and cook, stirring often, for 4-5 minutes or until the mixture is lightly golden and all the water has evaporated. Add the curry powder, mustard seeds, cumin seeds and turmeric. Cook, stirring, for 1 minute. Stir in the coconut milk and combined stock powder and water. Cover and simmer for 5 minutes.

4 Add the cauliflower and chickpeas to the pan. Simmer, uncovered, for 10-15 minutes or until the cauliflower is really tender. Stir in the coriander and serve with the rice and naan.

Nutrition info

PER SERVE 1720kJ, **protein** 14g, **total fat** 13g (sat. fat 8g), **carbs** 57g, **fibre** 9g, **sodium** 395mg • **Carb exchanges** 4 • **GI estimate** low

GFO LCO

PER SERVE 1070kJ, **protein** 15g, **total fat** 11g (sat. fat 7g), **carbs** 20g, **fibre** 12g, **sodium** 254mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

◆◆◆

WEDNESDAY GFO LC

LITTLE BEEF & MUSHROOM PIES

PREP 30 MINS **COOK** 50 MINS
SERVES 2 (AS A MAIN)

15g dried porcini mushrooms, finely chopped
2 tsp salt-reduced vegetable stock powder or gluten-free stock powder
2 tsp balsamic vinegar
200ml boiling water
220g Zerella Spud Lite Potatoes, unpeeled, cut into chunks
250g celeriac, peeled and cut into large chunks
¼ tsp ground white pepper
1 tsp olive oil
1 small brown onion, halved and sliced
200g extra lean beef mince
60g small button mushrooms, halved if large
1 tsp chopped sage
15g stilton cheese, crumbled
160g baby spinach leaves, steamed or microwaved, to serve
140g frozen peas, steamed or microwaved, to serve

1 Place the dried mushrooms, stock powder and vinegar in a heatproof bowl and pour over the boiling water. Set aside.

2 Cook the potatoes and celeriac in a saucepan of boiling water for 18-20 minutes or until very tender. Drain and set aside to steam dry. Return to the pan and add the white pepper. Mash until smooth. Cover and set aside.

3 Meanwhile, heat the oil in a deep, non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 10 minutes or until golden. Add the mince and fresh mushrooms. Cook, stirring often, for 5 minutes or until the mince is browned.

4 Add the dried mushroom mixture and sage to the pan. Half cover the pan and simmer for 20 minutes, stirring occasionally, until the mixture thickens. Spoon the mixture into two 185ml (¾ cup) pie dishes. Top with the mash and stilton.

5 Preheat the grill on high. Put the pies on a baking tray (in case they bubble over) and grill for 5 minutes. Serve the pies with the spinach and peas.

Nutrition info

PER SERVE 1710kJ, **protein** 39g, **total fat** 10g (sat. fat 4g), **carbs** 26g, **fibre** 17g, **sodium** 794mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

THURSDAY GFO LC

ROAST CHICKEN TRAYBAKE

PREP 10 MINS **COOK** 45 MINS
SERVES 2 (AS A MAIN)

2 red onions, sliced into rings
1 red capsicum, deseeded, chopped into 3cm pieces
200g Zerella Spud Lite Potatoes, unpeeled, cut into 3cm chunks
1 Tbsp olive oil
Zest and juice of 1 lime
3 large cloves garlic, finely grated
1 tsp smoked paprika
1 tsp thyme leaves
4 small bone-in chicken thighs, skin and any fat removed
1½ tsp salt-reduced vegetable stock powder or gluten-free stock powder
200ml boiling water
1 bunch broccolini, stem cut into lengths if very thick

1 Preheat oven to 180°C (fan-forced). Line a large roasting tin with baking paper. Put the onion, capsicum, potato and oil in the lined tin. Toss to combine. Roast for 15 minutes.

2 Meanwhile, combine the lime zest, garlic, paprika and thyme in a small bowl. Rub all over the chicken thighs.

3 Remove the vegetables from the oven and toss. Add the chicken to the pan, fitting in between the vegetables and covering the chicken with the onions to help keep them moist. Cook for 20 minutes.

4 Combine the stock powder and boiling water in a jug. Add the broccolini to the pan and pour over the stock and lime juice. Cover with foil and roast for a further 10 minutes or until the broccolini is just tender. Serve.

Nutrition info

PER SERVE 2350kJ, **protein** 56g, **total fat** 24g (sat. fat 5g), **carbs** 25g, **fibre** 12g, **sodium** 590mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

FRIDAY GFO

SPICY PEANUT BUTTER CHICKEN BREAST

PREP 5 MINS **COOK** 25 MINS
SERVES 2 (AS A MAIN)

100g Low GI Brown Doongara Rice
2 x 125g skinless chicken breast fillets, trimmed of fat
Freshly ground black pepper
100g green beans
100g baby corn
A small handful coriander, chopped
2 green shallots, thinly sliced

DRESSING
2 Tbsp no-added-salt-and-sugar crunchy peanut butter
1 Tbsp sriracha
1 Tbsp salt-reduced or gluten-free soy sauce
2 Tbsp rice vinegar

1 Cook the brown rice until tender.

2 Meanwhile, preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Season the chicken breast all over with pepper. Spray with cooking spray. Roast for 5 minutes. Add the green beans and corn to the tray and spray lightly with cooking spray. Roast for a further 10 minutes or until the chicken is just cooked through.

3 To make the dressing, whisk all ingredients with 80ml ($^{1}/_{3}$ cup) water in a small bowl.

4 Divide the rice, chicken and vegetables between serving plates. Spoon over the dressing. Sprinkle with the coriander and shallots. Serve.

LOWER-CARB OPTION
Replace brown rice with 2 cups cooked cauliflower rice.

Nutrition info

PER SERVE 2110kJ, **protein** 41g, **total fat** 17g (sat. fat 3g), **carbs** 42g, **fibre** 7g, **sodium** 708mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten free**

LCO

PER SERVE 1550kJ, **protein** 40g, **total fat** 16g (sat. fat 3g), **carbs** 13g, **fibre** 8g, **sodium** 776mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option**

LOVE YOUR LEFTOVERS

Not sure what to do with the remaining food?
Take inspiration from these tasty tips

GROCERIES

PORCINI MUSHROOMS Soak and thinly slice or chop. Use in pasta sauces, bolognese or sauces.

CANNELLINI BEANS AND CHICKPEAS Mash with a little olive oil and lemon juice. Season with pepper. Serve as a quick dip with vegie sticks.

PESTO Use in dressings or toss through pasta with roasted vegies.

PINE NUTS Use in baking, salads or finely chop and add to dressings.

COCONUT MILK Use in curries, casseroles or desserts.

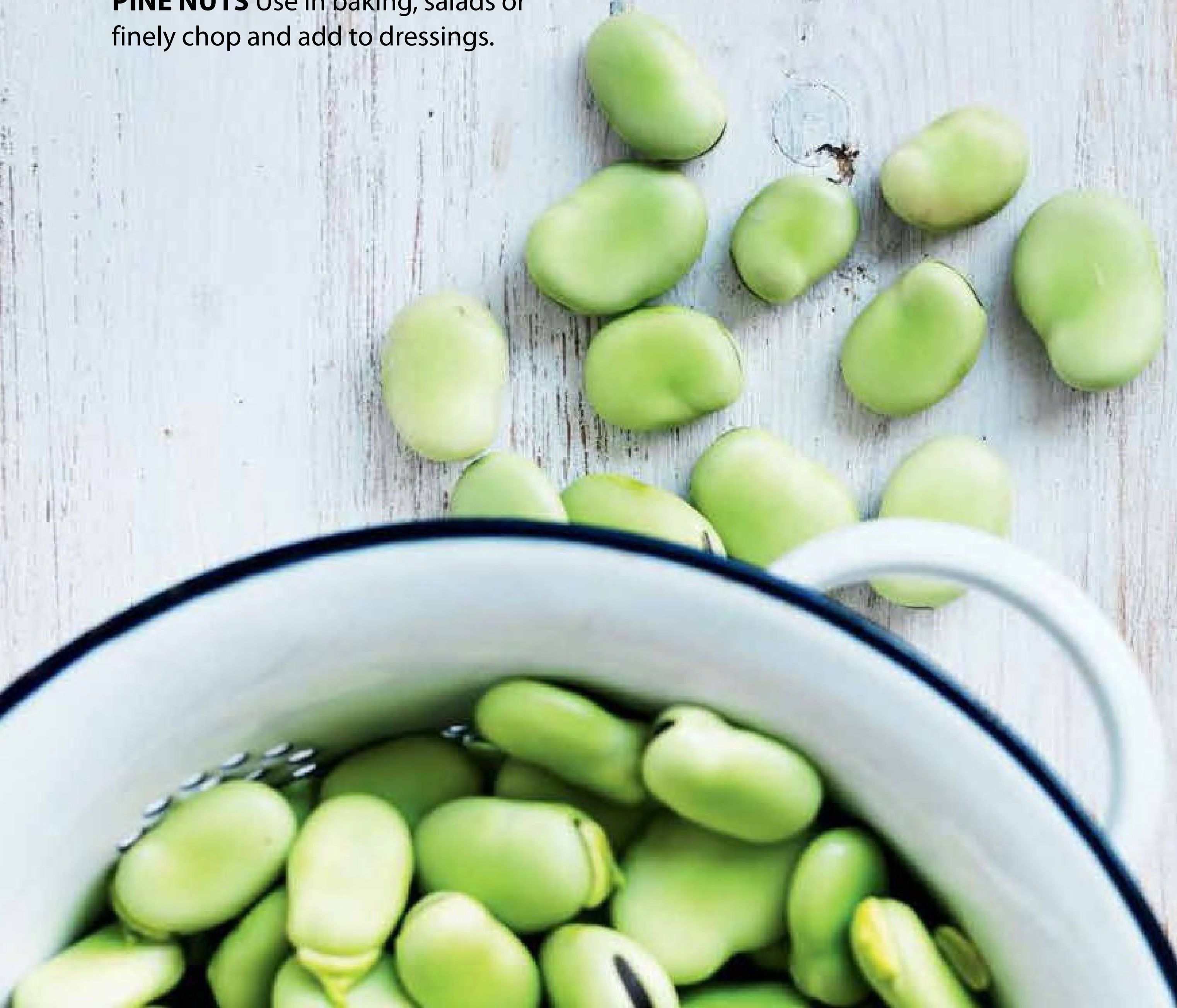
NAAN BREAD Freeze remaining naan bread and serve with your next curry.

FREEZER & CHILLED

FROZEN PEAS Use in risotto's, throw into soups or casseroles for the last few minutes of cooking or throw a handful of cooked peas in with your potatoes before mashing. Season with pepper and stir in some warmed milk and a little grated parmesan.

STILTON Serve thin slices of stilton with crisp pears or apple and a few breadsticks for a snack.

GOAT'S CHEESE Sprinkle over your favourite healthy pizza toppings or over your favourite healthy seafood pasta sauce. Use a little to spread over bread to add flavour to your salad packed sandwich.



RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN); ADDITIONAL PHOTOGRAPHY ADOBE STOCK

FRUIT AND VEGETABLES

SAGE Great to use in slow cooked casseroles or finely shredded and added with some grated lemon zest and crushed garlic for the last 20 minutes of roasting your vegies.

CORIANDER Finely chop and use in an Asian-flavoured salad dressing or toss into your stir-fry just before serving.

THYME Delicious in dressing or tossed through steamed vegies with a drizzle of extra virgin olive oil, grated orange zest and a little fresh orange juice.

CAULIFLOWER Process until cauliflower resembles crumbs. Cook and serve as cauliflower rice for a low-carb rice alternative.

POTATOES Use to make a healthy potato bake, roast or steam.

CHERRY TOMATOES Eat as a quick and healthy snack with a few basil leaves and a few parmesan shavings.

GINGER Finely grate and use in dressing, sauces, casseroles or stir-fries.

SHALLOTS Finely chop and use in dressing or sauces. ■

SHOPPING LIST

GROCERIES

- ☐ Small pkt dried porcini mushrooms
- ☐ 1 pkt naan bread
- ☐ 400g can no-added-salt chickpeas
- ☐ 420g can no-added-salt cannellini beans
- ☐ 400ml can light coconut milk
- ☐ 50g pkt pine nuts
- ☐ 190g bottle pesto

PANTRY

- ☐ Olive oil
- ☐ 4 cloves garlic
- ☐ Salt-reduced vegetable stock powder
- ☐ Balsamic vinegar
- ☐ Ground white pepper
- ☐ Dried breadcrumbs
- ☐ Black mustard seeds
- ☐ Cumin seeds
- ☐ Smoked Paprika
- ☐ Ground turmeric
- ☐ Parmesan
- ☐ Madras curry powder
- ☐ Ground turmeric
- ☐ Salt-reduced soy sauce
- ☐ Sriracha
- ☐ Rice vinegar
- ☐ Doongara Low GI Clever White Rice
- ☐ Doongara Low GI Brown Rice
- ☐ No-added-salt-and-sugar peanut butter

FREEZER

- ☐ 500g pkt frozen peas

CHILLED

- ☐ Small piece stilton cheese
- ☐ 80g pkt goat's cheese

FRUIT AND VEGETABLES

- ☐ 2 small brown onions
- ☐ 2 red onions
- ☐ 1.5kg pkt Zerella Spud Lite Potatoes
- ☐ 1 bunch broccolini
- ☐ 250g celeriac
- ☐ 60g small button mushrooms
- ☐ 190g baby spinach leaves
- ☐ 1 bunch sage
- ☐ 1 bunch thyme
- ☐ 1 bunch coriander
- ☐ Small knob ginger
- ☐ 1 small lemon
- ☐ ½ cauliflower
- ☐ 100g green beans
- ☐ 100g baby corn
- ☐ ½ bunch green shallots
- ☐ 1 red capsicum
- ☐ 1 lime
- ☐ 200g punnet cherry tomatoes

MEAT & SEAFOOD

- ☐ 250g turkey breast mince
- ☐ 2oog extra lean beef mince
- ☐ 4 small bone in chicken thighs
- ☐ 2 x 150g pieces skinless and boneless salmon fillets
- ☐ 2 x 125g pieces skinless chicken breast fillets

All about that SPUD

Eating lower-carb doesn't mean you need to miss out on potatoes. Get your spud fix with these soups, salads and mains.

How our food works for you see page 79

Creamy potato, mushroom & leek soup
Recipe, page 25

GFO LC

POTATO, SALMON & CAPER SALAD WITH CREAMY DILL DRESSING

PREP 15 MINS **COOK** 15 MINS
SERVES 2 (AS A MAIN)

- 300g Zerella Baby Spud Lite Potatoes, unpeeled, quartered
- 1 bunch asparagus, woody ends trimmed, diagonally sliced into thirds
- 200g skinless and boneless salmon fillets
- Freshly ground black pepper
- 3 cups rocket leaves
- 1 small red capsicum, cut into thin strips
- 1 Tbsp drained capers (in vinegar)
- 1 lemon, zest removed using a zester

CREAMY DILL DRESSING

- 2 Tbsp extra-light sour cream
- 2 Tbsp fresh lemon juice
- 1 tsp wholegrain or gluten -free mustard
- 1 Tbsp finely chopped dill
- Freshly ground black pepper

1 Put the potatoes in a medium saucepan and cover with plenty of cold water. Cover and bring to the boil over high heat. Reduce heat to medium and cook, partially covered, for 10 minutes or until tender, adding the asparagus for the last 1 minute of cooking.

2 Meanwhile, preheat a chargrill on medium-high. Spray both sides of the salmon with cooking spray and season with pepper. Add to chargrill and cook for 2½ minutes each side. Transfer to a plate.

3 To make the dressing, whisk all ingredients in a small bowl.

4 Toss rocket, capsicum, capers and lemon zest in a medium bowl. Flake salmon into large pieces and add to the salad with the potato and asparagus. Toss gently to combine.

5 Divide the salad between shallow serving plates. Drizzle over the dressing and serve.

Nutrition info

PER SERVE 1680kJ, **protein** 31g, **total fat** 18g (sat. fat 6g), **carbs** 22g, **fibre** 9g, **sodium** 306mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

GFO LC

CREAMY CHICKEN & ASPARAGUS BRAISE

PREP 15 MINS **COOK** 25 MINS
SERVES 2 (AS A MAIN)

1 Tbsp olive oil
2 x 150g skinless chicken breasts, trimmed of fat
10 asparagus spears, woody ends trimmed, each cut into 3
1 large leek, thickly sliced, washed, dried
3 stalks celery, sliced
200ml salt-reduced vegetable stock or gluten-free stock
150g (1 cup) frozen peas
1 egg yolk (from 60g egg)
4 Tbsp reduced-fat natural yoghurt
1 clove garlic, finely grated
⅓ bunch tarragon, leaves chopped
200g Zerella Baby Spud Lite Potatoes, unpeeled, halved or quartered, steamed, to serve

1 Heat the oil in large non-stick frying pan over medium heat. Add chicken and cook for 4 minutes each side or until cooked through. Remove chicken from pan. Place on a plate, cover with foil and set aside.

2 Add asparagus (reserving tips), leek, celery and stock to the pan. Simmer, partially covered, for 10 minutes or until the vegetables are almost tender. Add asparagus tips and peas, and cook for a further 2 minutes or until tender crisp.

3 Meanwhile, whisk the egg yolk with the yoghurt and garlic.

4 Stir the yoghurt mixture into the vegetables with the tarragon. Return the chicken to the pan to heat through. Serve with the potatoes.

Nutrition info

PER SERVE 1900kJ, **protein** 48g, **total fat** 15g (sat. fat 3g), **carbs** 24g, **fibre** 12g, **sodium** 407mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

GFO LC

CREAMY POTATO, MUSHROOM & LEEK SOUP

PREP 15 MINS **COOK** 30 MINS
SERVES 4 (AS A LIGHT MEAL)

3 tsp extra virgin olive oil
1 leek, halved lengthways, thinly sliced
300g mushrooms, sliced
2 cloves garlic, crushed
750g Zerella Baby Spud Lite Potatoes, unpeeled, chopped
500ml (2 cups) salt-reduced vegetable stock or gluten free stock
250ml (1 cup) water
2 tsp wholegrain or gluten-free mustard
375ml (1½ cups) milk
Freshly ground black pepper
Chopped chives, to serve

1 Heat the oil in a large saucepan over medium heat. Add the leek, mushrooms and garlic. Cook, stir occasionally, for 7 minutes or until the leek starts to soften.

2 Add the potatoes, stock, water, mustard and 250ml (1 cup) of the milk to the pan. Bring to a simmer over medium heat. Reduce heat to medium-low and cook, partially covered, for 20 minutes or until the potato is very tender. Set aside for 10 minutes to cool slightly.

3 Transfer the soup to a food processor and process until the potato is almost smooth (it's nice to leave it a little chunky). Return the soup to the pan and stir in the remaining 125ml (½ cup) milk. Stir over low heat until warmed through.

4 Divide soup between serving bowls. Top with pepper and chives to serve.

Nutrition info

PER SERVE 967kJ, **protein** 9g, **total fat** 8g (sat. fat 3g), **carbs** 25g, **fibre** 6g, **sodium** 444mg • **Carb exchanges** 1½ • **GI estimate** high • **Gluten-free option** • **Lower carb**

LC

COTTAGE PIE

PREP 20 MINS **COOK** 45 MINS
SERVE 6 (AS A MAIN)

1kg Zerella Spud Lite Potatoes, unpeeled
1 tsp olive oil
1 leek, halved lengthways, finely sliced
2 cloves garlic, crushed
400g extra lean beef mince
2 Tbsp reduced-salt light gravy powder
400g can no-added-salt chopped tomatoes
1 Tbsp Worcestershire sauce
250ml (1 cup) water
2 carrots, coarsely grated
2 zucchini, coarsely grated
2 cups baby spinach leaves
1 Tbsp light margarine
60ml (¼ cup) skim milk, warmed
2 Tbsp chopped herbs (such as parsley and chives)
60g (½ cup) grated reduced-fat cheese

1 Cook the potatoes in a medium saucepan of boiling water for 20 minutes or until very tender. Drain.

2 Meanwhile, heat the oil in a large, non-stick frying pan over medium heat. Add the leek and garlic. Cook, stirring occasionally, for 7-8 minutes or until the leek softens. Increase heat to high and add the mince. Cook, stirring, for 2 minutes or until the mince changes colour. Stir in the gravy powder, tomato, Worcestershire sauce and water. Bring to a simmer. Stir in the carrot and zucchini. Reduce heat to medium-low and cook, covered, for 10 minutes. Remove the lid and continue to cook for a further 5 minutes. Stir in the spinach.

3 Preheat oven to 190°C (fan-forced). Peel the potatoes and return to pan. Add the margarine and mash until smooth. Stir in the milk, herbs and half the cheese.

4 Spoon the mince mix into an ovenproof 2.5L (10 cup) dish. Place on baking tray lined with baking paper Spoon the mash on top and spread evenly. Rough up surface with a fork. Sprinkle over the rest of the cheese. Bake 20 minutes or until top is light golden brown. Serve.

Nutrition info

PER SERVE 1230kJ, **protein** 24g, **total fat** 8g (sat. fat 4g), **carbs** 26g, **fibre** 7g, **sodium** 357mg • **Carb exchanges** 1½ • **GI estimate** medium • **Lower carb**

RECIPE ALISON ROBERTS; IMMEDIATE MEDIA; SHANNON LAVERY (DIETITIAN).
FOOD PREPARATION EMMA BRAZ; PETA DENT. PHOTOGRAPHY BRETT STEVENS; IMMEDIATE MEDIA;
ROB PALMER. STYLING MARIE-HELENE CLAUZON; KRISTEN WILSON.

GFO LC

BEEF & POTATO CURRY

PREP 20 MINS **COOK** 1 HOUR 40 MINS
SERVES 4 (AS A MAIN)

600g gravy beef, trimmed of fat, cut into 2cm pieces
2 tsp garam masala
1 tsp ground cinnamon
2 cloves garlic, crushed
2 tsp olive oil
6 cardamom pods, crushed
1 cinnamon stick
165ml can light coconut milk
125ml (½ cup) salt-reduced beef stock or gluten-free stock
125ml (½ cup) water
500g Zerella Spud Lite Potatoes, unpeeled, cut into small chunks
2 carrots, cut into small chunks
100g green beans, diagonally halved
200g broccoli, cut into small florets
2 tsp brown sugar
Coriander leaves, to serve (optional)

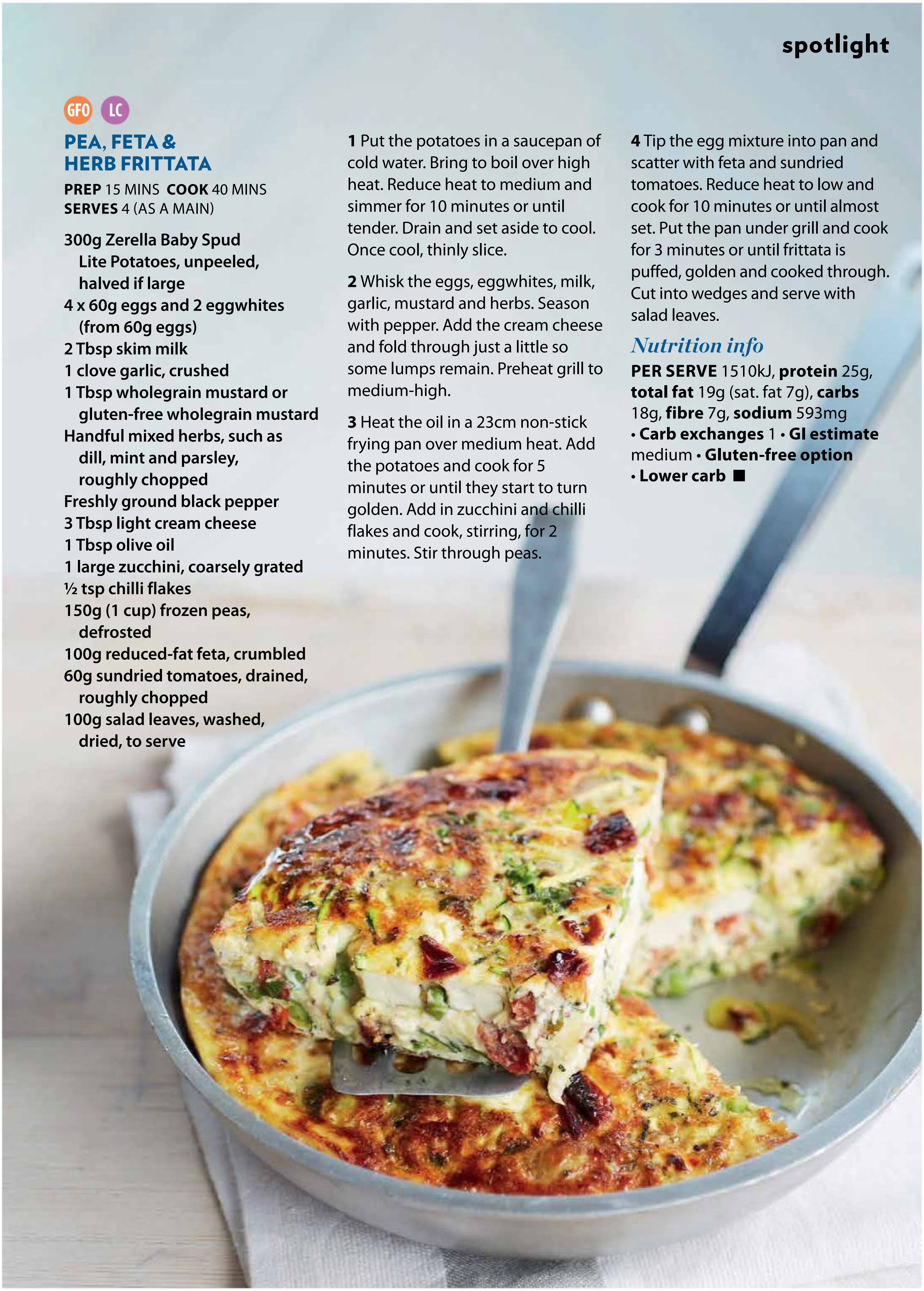
1 Toss beef, garam masala, ground cinnamon and garlic in a medium bowl. Heat oil in a medium heavy-based saucepan over medium heat. Add beef and cook, stirring, for 2 minutes or until it changes colour.

2 Add the cardamom pods, cinnamon stick, coconut milk, stock, water, potatoes and carrots to the pan. Cover and bring to a simmer over medium heat. Reduce heat to low and simmer, covered, stirring 2-3 times for 1¼-1½ hours or until the beef is very tender.

3 Stir the beans, broccoli and sugar into beef. Cover and cook for a further 5 minutes. To serve, top with coriander leaves (if using).

Nutrition info

PER SERVE 1540kJ, **protein** 38g, **total fat** 13g (sat. fat 6g), **carbs** 20g, **fibre** 8g, **sodium** 227mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**



GFO LC

PEA, FETA & HERB FRITTATA

PREP 15 MINS **COOK** 40 MINS
SERVES 4 (AS A MAIN)

- 300g Zerella Baby Spud Lite Potatoes, unpeeled, halved if large
- 4 x 60g eggs and 2 eggwhites (from 60g eggs)
- 2 Tbsp skim milk
- 1 clove garlic, crushed
- 1 Tbsp wholegrain mustard or gluten-free wholegrain mustard
- Handful mixed herbs, such as dill, mint and parsley, roughly chopped
- Freshly ground black pepper
- 3 Tbsp light cream cheese
- 1 Tbsp olive oil
- 1 large zucchini, coarsely grated
- ½ tsp chilli flakes
- 150g (1 cup) frozen peas, defrosted
- 100g reduced-fat feta, crumbled
- 60g sundried tomatoes, drained, roughly chopped
- 100g salad leaves, washed, dried, to serve

1 Put the potatoes in a saucepan of cold water. Bring to boil over high heat. Reduce heat to medium and simmer for 10 minutes or until tender. Drain and set aside to cool. Once cool, thinly slice.

2 Whisk the eggs, eggwhites, milk, garlic, mustard and herbs. Season with pepper. Add the cream cheese and fold through just a little so some lumps remain. Preheat grill to medium-high.

3 Heat the oil in a 23cm non-stick frying pan over medium heat. Add the potatoes and cook for 5 minutes or until they start to turn golden. Add in zucchini and chilli flakes and cook, stirring, for 2 minutes. Stir through peas.

4 Tip the egg mixture into pan and scatter with feta and sundried tomatoes. Reduce heat to low and cook for 10 minutes or until almost set. Put the pan under grill and cook for 3 minutes or until frittata is puffed, golden and cooked through. Cut into wedges and serve with salad leaves.

Nutrition info

PER SERVE 1510kJ, **protein** 25g, **total fat** 19g (sat. fat 7g), **carbs** 18g, **fibre** 7g, **sodium** 593mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten-free option** • **Lower carb** ■

Chicken & black bean stew

Recipe, page 31

warm me up

How our food works for you
see page 79

Ward off winter's chill with these tastebud-pleasing and tummy-filling stews and casseroles

Cook's Tip

If you are running short of time, you can put everything except the cornflour and parsley in a slow cooker without frying it first and simply switch it on. It won't have quite the same depth of flavour, but you will still have a delicious beef stew.

GFO LC

CHICKEN & BLACK BEAN STEW

PREP 15 MINS **COOK** 50 MINS
SERVES 4 (AS A MAIN)

1 Tbsp olive oil
1 small brown onion, finely chopped
2 cloves garlic, crushed
½ red capsicum, cut into chunks
1 Tbsp Mexican-style chilli powder
½ tsp cumin seeds
6 skinless chicken thigh fillets, trimmed of fat, cut into pieces
4 tomatoes, chopped
1 Tbsp tomato purée
300ml salt-reduced chicken stock or gluten-free stock
420g can no-added-salt black beans, rinsed and drained
2 Tbsp drained pickled jalapeños, chopped
½ small bunch coriander, chopped
4 Tbsp reduced-fat natural Greek yoghurt
60g (½ cup) reduced-fat grated vintage cheddar, to serve

1 Heat the oil in a medium saucepan over medium heat. Add the onion and garlic, and cook, stirring occasionally, for 5 minutes or until the onion starts to soften. Add the capsicum and cook, stirring occasionally, for 5 minutes. Add the chilli powder and cumin seeds. Cook, stirring, for 1 minute. Add the chicken and cook, turning occasionally, for 5 minutes or until the chicken changes colour.

2 Add the tomatoes, tomato purée and stock to the pan. Cover and bring to a simmer over high heat. Reduce heat to medium and cook, covered, for 10 minutes. Add the beans and jalapeños and cook, uncovered, for a further 15-20 minutes or until the mixture thickens. Stir in the coriander.

3 Divide stew among serving bowls. Top with the yoghurt and cheese. Serve.

Nutrition info

PER SERVE 2090kJ, **protein** 54g, **total fat** 21g (sat. fat 7g), **carbs** 20g, **fibre** 8g, **sodium** 696mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO LC

BEEF & VEGETABLE STEW

PREP 15 MINS **COOK** 10 HOURS 45 MINS ON LOW OR 4 HOURS 45 MINS ON HIGH **SERVES** 6 (AS A MAIN)

2 Tbsp olive oil
1 large brown onion, chopped
2 stalks celery, finely chopped
4 carrots, halved, cut into chunks
2 bay leaves
½ bunch thyme
2 Tbsp tomato purée
2 Tbsp Worcestershire sauce or gluten free Worcestershire sauce
2 salt-reduced beef stock cubes or gluten-free stock cubes
600ml boiling water
Freshly ground black pepper
900g beef skirt, excess fat removed, chopped
2 tsp cornflour or gluten-free cornflour
½ small bunch flat-leaf parsley, chopped
560g green beans, trimmed, steamed, to serve

MASHED POTATO
3 potatoes, chopped
1 tsp light margarine
2 Tbsp skim milk

1 Heat 1 tablespoon of the oil in a large non-stick frying pan over low heat. Add the onion and cook, stirring occasionally, for 5 minutes or until the onion starts to soften. Add the carrot, bay leaf and thyme. Cook, stirring twice, for 2 minutes. Stir in the tomato purée and Worcestershire sauce. Combine the stock cubes and boiling water in a heatproof jug.

2 Pour the mixture into a slow cooker. Stir. Season with pepper. Wipe out the frying pan with paper towel. Heat half the remaining oil in the pan over high heat. Add half the beef and cook for 2-3 minutes, turning often, or until browned. Transfer to the slow cooker. Repeat with the remaining oil and beef. Transfer all the beef to the slow cooker.

3 Cover the slow cooker and cook on low for 8-10 hours or 4 hours on high.

4 Mix the cornflour with a splash of cold water to make a paste then stir in 2 tablespoons of the liquid from the slow cooker. Tip back into the slow cooker, stir and cook for a further 30 minutes on high.

5 Meanwhile, to make the mash, cook the potato in the microwave or steam. Mash with the margarine and milk. Season with pepper.

6 Stir the parsley into the casserole and season with pepper. Serve with the mash.

Nutrition info

PER SERVE 1640kJ, **protein** 47g, **total fat** 11g (sat. fat 3g), **carbs** 21g, **fibre** 8g, **sodium** 443mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

Moroccan lamb stew
Recipe, page 34

LOWER-CARB OPTION
Drop the couscous and add 2 carrots, diced and steamed to serve.

GFO

PORK, MUSTARD & CIDER CASSEROLE

PREP 10 MINS **COOK** 8 HOURS 15 MINS ON LOW OR 6 HOURS 15 MINS ON HIGH **SERVES** 4 (AS A MAIN)

1 Tbsp olive oil
700g trimmed boneless pork shoulder, cut into large chunks
Freshly ground black pepper
1 brown onion, chopped
1 leek, chopped
1 carrot, chopped
Bundle of woody herbs (bouquet garni) – we used 2 bay leaves, 3 sage leaves and 4 thyme sprigs, plus a few thyme leaves to serve
1 salt-reduced chicken stock cube or gluten-free stock cube
2 tsp Dijon mustard or gluten-free mustard
1 Tbsp cider vinegar
2 tsp cornflour or gluten-free cornflour
1 Tbsp honey
Thyme leaves, to serve
2 bunches broccolini, steamed, to serve
3 carrots, sliced, steamed, to serve

MASHED POTATO
300g potatoes, chopped
½ tsp light margarine
1 Tbsp skim milk

1 Heat half the oil in a large wide-based non-stick frying pan over medium heat. Season the pork with pepper and add half to the pan. Cook for 2-3 minutes, turning occasionally, or until well browned. Transfer to the slow cooker. Repeat with the remaining oil and pork. Transfer all the pork to the slow cooker.

2 Add the onion and leek to the frying pan and cook, stirring often, for 3-4 minutes or until they soften. Add a splash of water and scrape any tasty bits from the bottom of the pan. Tip everything into the slow cooker. Add the carrot, herbs, stock cube, mustard and vinegar. Season with pepper. Add enough water to just cover the ingredients. Stir, then set your slow cooker on low for 6-8 hrs, or high for 5-6 hrs.

3 Combine the cornflour and honey with 1-2 teaspoons of liquid from the slow cooker in a small saucepan until a smooth paste. Add 100ml more of the cooking liquid. Simmer over medium heat for 2-3 minutes or until the sauce thickens. Stir back into the casserole.

4 Meanwhile, to make the mash, cook the potato in the microwave or steam. Mash with the margarine and milk. Season with pepper.

5 Sprinkle the casserole with the thyme and serve with the mash, broccolini and carrots.

Nutrition info

PER SERVE 1650kJ, **protein** 41g, **total fat** 11g (sat. fat 3g), **carbs** 27g, **fibre** 9g, **sodium** 454mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

GFO LCO

PER SERVE 1450kJ, **protein** 39g, **total fat** 11g (sat. fat 3g), **carbs** 19g, **fibre** 8g, **sodium** 445mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

LOWER-CARB OPTION
Drop the mash potato.

GFO

MOROCCAN LAMB STEW

PREP 10 MINS **COOK** 8 HOURS 20 MINS **SERVES** 6 (AS A MAIN)

1½ Tbsp olive oil
1kg finely chopped trimmed lamb shoulder
2 brown onions, halved and sliced
5 cloves garlic, crushed
4cm piece ginger, peeled and grated or finely chopped
1 Tbsp ground cumin
1 Tbsp ground coriander
1 tsp ground cinnamon
Pinch saffron threads (or ground turmeric, to add colour)
1 lemon, zest peeled into long strips
1 Tbsp tomato purée
60ml (¼ cup) boiling water
600ml salt-reduced beef stock or gluten-free stock, heated until boiling
1 Tbsp honey
Juice of half a lemon
80g pitted Kalamata olives
Handful chopped mint, coriander or parsley (or a combination)
140g (¾ cup) couscous, cooked following packet insturctions, to serve
200g green beans, steamed, to serve
2 bunches (400g) broccolini, steamed, to serve

1 Heat 2 teaspoons of the oil in a large non-stick frying pan over high heat. Add half the lamb and cook, turning often, until browned. Transfer to a slow cooker and repeat with remaining oil and lamb. Transfer to slow cooker.

2 Add the remaining oil and onions to the pan over medium heat. Cook, stirring occasionally, for 8-10 minutes or until the onions soften. Add the garlic and ginger and cook, stirring, for 1 minute. Add the cumin, coriander, cinnamon and saffron. Cook, stirring, for 1 minute. Stir in the lemon zest and tomato purée. Pour into the slow cooker.

3 Swirl the water around the frying pan and add to the slow cooker with the stock. Season with pepper. Cover and cook for 6-8 hours or until the lamb is very tender.

4 Once the meat is really tender, increase heat to high. Add the honey, lemon and olives and cook for a further 30 minutes. Sprinkle with the herbs and serve with the couscous, beans and broccoli.

Nutrition info

PER SERVE 1930kJ, **protein** 34g, **total fat** 21g (sat. fat 6g), **carbs** 30g, **fibre** 7g, **sodium** 507mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

GFO LCO

PER SERVE 1630kJ, **protein** 341, **total fat** 21g (sat. fat 6g), **carbs** 15g, **fibre** 7g, **sodium** 533mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO

CURRIED ROOT VEGETABLE & LENTIL CASSEROLE

PREP 10 MINS **COOK** 6 HOURS 30 MINS **SERVES** 4 (AS A MAIN)

2 Tbsp olive oil
1 brown onion, finely chopped
3 carrots , cut into 3cm-thick slices
500g parsnips, cut into 3cm-thick slices
3 cloves garlic, crushed
2 tsp mild curry powder or gluten-free curry powder
1 Tbsp smoked paprika
150g dried red lentils, rinsed and drained
600ml salt-reduced vegetable stock or gluten-free stock, heated in a saucepan until hot
2 bay leaves
Freshly ground black pepper
Fresh lemon juice, to serve

1 Heat the oil in a large non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 10 minutes or until the onion softens and is transparent.

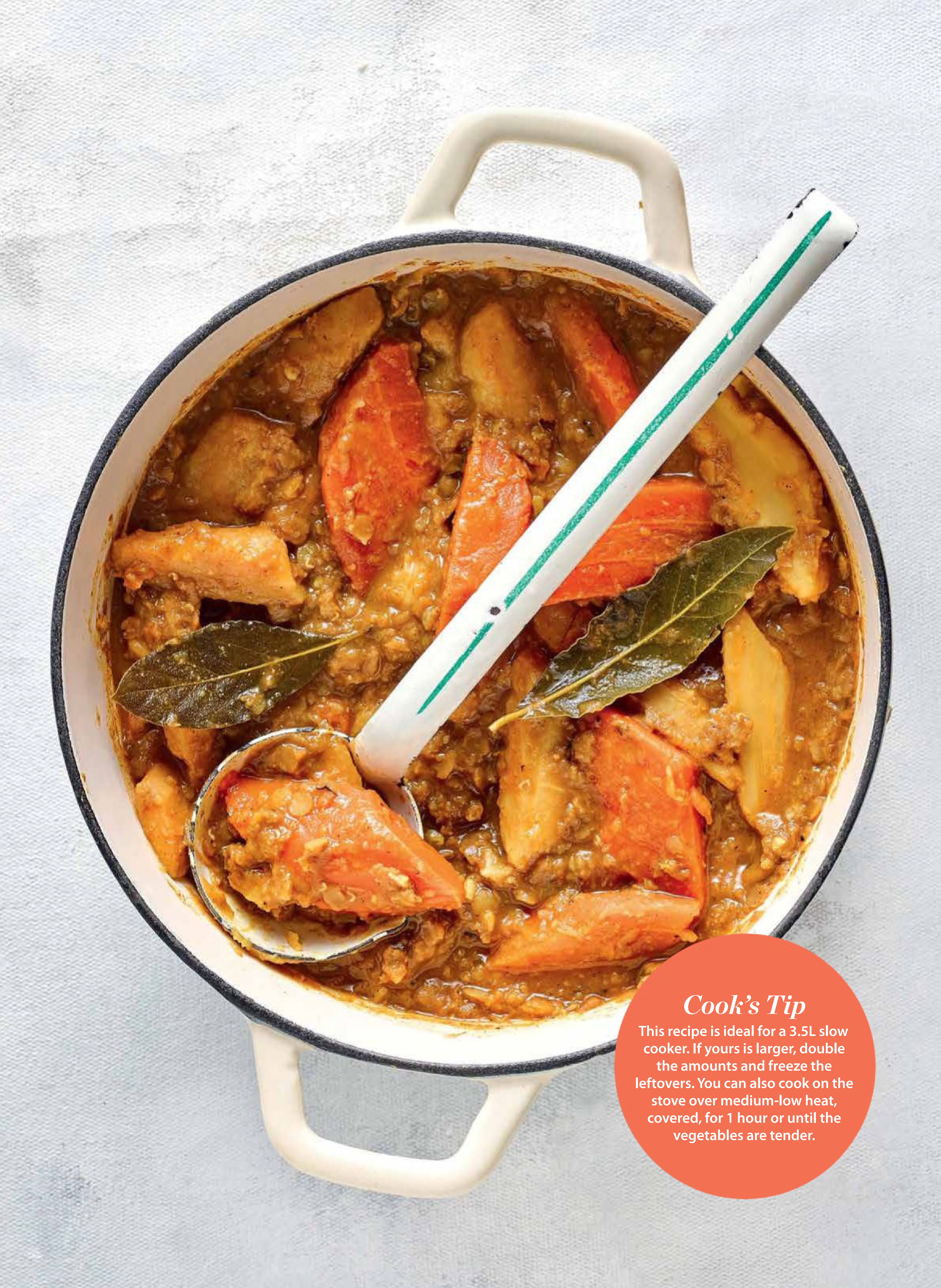
2 Add the carrot and parsnip, and cook, stirring occasionally, for a further 8-10 minutes or until the vegetables are golden. Stir in the garlic, curry powder and paprika. Cook, stirring occasionally, for a further 2 minutes (adding a splash of water if needed).

3 Transfer the mixture to the slow cooker and stir in the lentils, stock and bay leaves. Season with pepper. Place the lid on the slow cooker and cook for 5-6 hours on low or until the vegetables are tender and the sauce has thickened. Stir in the lemon juice, to taste.

Nutrition info

PER SERVE 1460kJ, **protein** 13g, **total fat** 11g (sat. fat 2g), **carbs** 40g, **fibre** 17g, **sodium** 468mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option** ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)



Cook's Tip

This recipe is ideal for a 3.5L slow cooker. If yours is larger, double the amounts and freeze the leftovers. You can also cook on the stove over medium-low heat, covered, for 1 hour or until the vegetables are tender.

3 WAYS WITH SPINACH

Turn over a new leaf with this lean, green vitamin machine – it really packs a punch!

How our food works for you
see page 79

Green smoothie
Recipe, page 38

Ricotta & spinach triangles
Recipe, page 38

GF

GREEN SMOOTHIE

PREP 5 MINS **SERVES** 2 (AS A SNACK)

35g (1 cup, packed) baby spinach leaves
1 Lebanese cucumber, chopped
1 green apple, unpeeled, cored, chopped
250ml (1 cup) coconut water
½ cup ice cubes

1 Put all ingredients in a blender. Cover and blend until smooth.

2 Pour the smoothie between 2 glasses and serve immediately.

Nutrition info

PER SERVE 305kJ, **protein** 1g, **total fat** 0g (sat. fat 0g), **carbs** 15g, **fibre** 3g, **sodium** 71mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

◆ ◆ ◆

RICOTTA & SPINACH TRIANGLES

PREP 15 MINS **COOK** 35 MINS
SERVES 2 (AS A LIGHT MEAL)

1 tsp extra virgin olive oil
1 brown onion, finely chopped
1 clove garlic, crushed
250g pkt frozen spinach, thawed, moisture squeezed out
250g fresh reduced-fat ricotta, mashed until smooth
Finely grated zest of ½ lemon
60g egg, lightly whisked
Freshly ground black pepper
12 sheets filo pastry
4 cups mixed salad (lettuce, carrot, snow peas), to serve

1 Preheat oven to 180°C (fan-forced). Line 2 large oven trays with baking paper.

2 Heat the oil in a small non-stick frying pan over medium heat. Add the onion and garlic. Cook, stirring occasionally, for 6 minutes or until the onion softens. Transfer to a small bowl and set aside for 10 minutes to cool.

3 Add the spinach, ricotta, lemon zest, egg and pepper to onion mixture. Mix until well combined.

4 Put 1 sheet of pastry on a clean surface and spray with cooking spray. Top with another sheet of pastry. Spray with cooking spray. Top with a third sheet of pastry. Keep remaining sheets covered with a damp tea towel so they don't dry out. Spray the top sheet with cooking spray. With one of the long sides facing you, cut pastry into 5 even strips. Put 1 tablespoon of the spinach mixture in 1 corner of a strip and fold diagonally to form a triangle. Repeat with remaining pastry strips and spinach mixture.

5 Arrange the triangles on the lined tray and spray with cooking spray. Repeat with remaining pastry sheets, cooking spray and spinach mixture to make 20 triangles in total. Bake triangles for 20 minutes or until pastry is golden and crisp. Serve with salad.

Nutrition info

PER SERVE 1060kJ, **protein** 14g, **total fat** 6g (sat. fat 2g), **carbs** 31g, **fibre** 7g, **sodium** 415mg • **Carb exchanges** 2 • **GI estimate** medium

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GF LC

SPINACH, TOMATO & ROSEMARY LENTILS WITH PAPRIKA CHICKEN

PREP 10 MINS **COOK** 35 MINS
SERVES 2 (AS A MAIN)

2½ tsp extra virgin olive oil
1 carrot, finely chopped
1 stalk celery, finely chopped
1 small brown onion, finely chopped
2 cloves garlic, finely chopped
3 sprigs rosemary, leaves picked
300g ripe tomatoes, chopped
1 tsp Massel Salt Reduced Chicken Style Stock Powder
185ml (¾ cup) boiling water
420g can no-added-salt lentils, rinsed and drained
2 tsp red wine vinegar
75g (3 cups) baby spinach leaves
2 x 125g chicken breast fillets, trimmed of fat
2 tsp smoked paprika
3 Tbsp low-fat Greek-style natural yoghurt

1 Heat 2 teaspoons of the oil in a large saucepan over medium heat. Add the carrot, celery, onion, garlic and rosemary. Cook, stirring occasionally, for 6 minutes or until the vegetables begin to soften. Add the tomato and combined stock powder and water.

2 Cover the pan and bring to a simmer over high heat. Reduce heat to medium and simmer, covered, for 15 minutes. Add the lentils and vinegar. Cook, uncovered, for a further 5 minutes or until the mixture thickens and the vegetables are tender. Stir in the spinach.

3 Meanwhile, heat the remaining oil in a small non-stick frying pan over medium heat. Rub the chicken all over with the paprika. Add to the pan and cook for 4 minutes on each side or until cooked through. Set aside for 2-3 minutes to rest.

4 Divide the lentil mixture between shallow serving bowls or plates. Diagonally slice chicken. Arrange the chicken on top of lentil mixture. Serve with the yoghurt.

Nutrition info

PER SERVE 1280kJ, **protein** 34g, **total fat** 9g (sat. fat 2g), **carbs** 17g, **fibre** 9g, **sodium** 533mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower carb** ■

RECIPES ALISON ROBERTS; LISA URQUHART DIETITIAN SHANNON LAVERY; PHOTOGRAPHY BRETT STEVENS; STYLING MARIE-HÉLÈNE CLAUZON; FOOD PREPARATION MAX ADEY

LOWER-CARB OPTION Drop the rye bread.

How our food works for you
see page 79

SEASONAL SOUPS

Turn seasonal ingredients into steaming bowls of comfort this winter

GFO

CREAMY CAULIFLOWER, LEEK & BEAN SOUP

PREP 10 MINS **COOK** 25 MINS
SERVES 2 (AS A MAIN MEAL)

- 2 tsp olive oil
- 2 large cloves garlic, sliced
- 2 leeks, white part only, washed well, sliced
- 200g cauliflower florets, chopped
- 2 tsp salt-reduced vegetable stock powder or gluten-free stock powder
- 600ml boiling water
- 400g can no-added-salt cannellini beans, rinsed and drained
- Pinch ground nutmeg
- 100ml skim milk
- 25g whole almonds (skin on), chopped
- ½ tsp smoked paprika
- 2 x 30g slices rye bread or gluten-free bread, to serve

1 Heat the oil in a large saucepan over medium heat. Add the garlic, leeks and cauliflower and cook, stirring often, for about 5 minutes, or until starting to soften (but not colouring).

2 Combine the stock powder and boiling water in a heatproof jug. Add to the saucepan with a pinch of nutmeg. Cover and bring to the boil over high heat. Reduce heat to medium and cook, covered, for 15 minutes or until the leeks and cauliflower are tender.

3 Remove the pan from the heat and set aside for 5 minutes. Use a hand-held blender to blend until smooth and creamy.

4 Meanwhile, put the almonds in a small non-stick frying pan. Cook, stirring, over medium heat for 1-2 minutes or until toasted. Remove the pan from the heat.

5 Sprinkle the paprika over the almonds and toss to combine. Divide the soup between serving bowls. Top with the paprika almonds and serve with the rye bread.

Nutrition info

PER SERVE 1720kJ, **protein** 21g, **total fat** 15g (sat. fat 2g), **carbs** 41g, **fibre** 17g, **sodium** 488mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

GFO LCO

PER SERVE 1400kJ, **protein** 18g, **total fat** 14g (sat. fat 2g), **carbs** 26g, **fibre** 15g, **sodium** 359mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

LOWER-CARB OPTION
Remove the bread.

GFO

CHICKEN & VEGETABLE SOUP

PREP 15 MINS **COOK** 6 HOURS
SERVES 6 (AS A MAIN MEAL)

1 brown onion, finely chopped
2 stalks celery, finely chopped
2 carrots, finely chopped
2 leeks, halved and sliced
1 bay leaf and 3 thyme sprigs tied together
1.4kg whole chicken
1L (4 cups) salt-reduced chicken stock or gluten-free stock
1L (4 cups) water
½ small bunch of dill or parsley, finely chopped
Freshly ground black pepper
Juice of 1 lemon
3 x 100g wholemeal sourdough rolls or gluten-free rolls, halved, to serve

1 Set your slow cooker to low. Add the onion, celery, carrots and leeks to the slow cooker with the bunch of tied herbs. Sit the chicken on top of the vegetables and pour over the stock and water. Cook for 6-8 hours or until the chicken is falling off the bone.

2 Remove the chicken from the slow cooker and transfer to a board. Remove and discard the skin. Shred the meat from the bones using two forks, then return the meat to the slow cooker, discarding the bones. Season with pepper and stir through the lemon juice.

3 Remove and discard the bunch of herbs. Ladle the soup into bowls and top with the dill or parsley. Serve with bread.

Nutrition info

PER SERVE 1780kJ, **protein** 52g, **total fat** 9g (sat. fat 3g), **carbs** 28g, **fibre** 8g, **sodium** 799mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

GFO LCO

PER SERVE 1270kJ, **protein** 46g, **total fat** 8g (sat. fat 2g), **carbs** 8g, **fibre** 5g, **sodium** 576mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

Carrot & lentil soup with caraway toasts

Recipe, page 44

LOWER-CARB OPTION
Drop the caraway toast.

GFO

CARROT & LENTIL SOUP WITH CARAWAY TOASTS

PREP 15 MINS **COOK** 40 MINS
SERVES 6 (AS A LIGHT MEAL)

2 large brown onions, finely chopped
2 cloves garlic, crushed
1 Tbsp ground cumin
250ml (1 cup) salt-reduced vegetable stock or gluten-free stock
1kg (about 6 large) carrots, coarsely chopped
2 stalks celery, trimmed, coarsely chopped
1.375L (5½ cups) water
100g (½ cup) dried brown lentils
125ml (½ cup) buttermilk

CARAWAY TOASTS
6 slices wholemeal bread or gluten-free bread
25g (⅓ cup) finely grated parmesan
2 cloves garlic, crushed
1 tsp caraway seeds
2 Tbsp finely chopped flat-leaf parsley

1 Put the onion, garlic, cumin and 125ml (½ cup) of the stock in a large saucepan. Cook, stirring occasionally over medium heat for 6-7 minutes or until the onion softens. Add the carrot and celery. Cook, stirring often, for 5 minutes. Add the remaining stock and water to the pan. Cover and bring to the boil over high heat. Reduce heat to medium and simmer, uncovered, for 20 minutes or until the vegetables are tender. Set aside for 10 minutes to allow the mixture to cool slightly.

2 Transfer the soup to a food processor or blender (in batches if necessary) and blend until smooth. Return the soup to the pan and stir in the lentils. Simmer for a further 20 minutes or until the lentils are tender.

3 Meanwhile, make the caraway toasts; preheat grill on medium. Place the bread, in a single layer, on an oven tray. Cook under preheated grill for 2-3 minutes or until lightly browned on one side. Sprinkle the combined parmesan, garlic, caraway seeds and parsley over the untoasted sides of the bread. Cook under grill for 2 minutes or until lightly browned. Cut in half to serve.

4 Remove the soup from the heat and stir in buttermilk. Serve with caraway toasts.

Nutrition info

PER SERVE 1080kJ, **protein** 13g, **total fat** 3g (sat. fat 1g), **carbs** 38g, **fibre** 12g, **sodium** 434mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option**

GFO LCO

PER SERVE 662kJ, **protein** 7g, **total fat** 1g (sat. fat 0g), **carbs** 25g, **fibre** 10g, **sodium** 230mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

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GFO

TOMATO, BEAN & PASTA SOUP

PREP 10 MINS **COOK** 20 MINS
SERVES 4 (AS A LIGHT MEAL)

1 large brown onion, finely chopped
250ml (1 cup) salt-reduced chicken stock or gluten-free stock
750ml (3 cups) water
400g can no-added-salt chopped tomatoes
1 tsp finely chopped oregano
135g (¾ cup) wholemeal pasta spirals or glute- free pasta
420g can no-added-salt four bean mix, rinsed, drained
2 zucchini, coarsely chopped
2 Tbsp coarsely chopped flat-leaf parsley

1 Put the onion and 2 tablespoons of the stock in a large saucepan. Cook over medium heat for 7-8 minutes, stirring occasionally, until the onion softens.

2 Add the remaining stock to the pan with the water, tomatoes and oregano. Bring to the boil over high heat. Add the pasta and cook for 10 minutes.

3 Add the beans and zucchini to the pan. Simmer for 5 minutes or until the pasta is tender. Divide the soup between serving bowls. Sprinkle with parsley and serve.

Nutrition info

PER SERVE 1070kJ, **protein** 12g, **total fat** 2g (sat. fat 0g), **carbs** 42g, **fibre** 11g, **sodium** 192mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

LCO

PER SERVE 946kJ, **protein** 20g, **total fat** 2g (sat. fat 1g), **carbs** 26g, **fibre** 11g, **sodium** 201mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

LOWER-CARB OPTION
Use 100g Atkins Lower Carb Penne in place of regular pasta.

GFO

LAMB, CHICKPEA & TOMATO SOUP

PREP 10 MINS **COOK** 50 MINS
SERVES 2 (AS A MAIN)

1 Tbsp olive oil
1 brown onion, halved, sliced
2 carrots, finely chopped
3 large stalks celery, chopped
125g lean lamb leg steak, trimmed of fat, finely chopped
1 tsp ground turmeric
1 tsp ground cumin
1 tsp ground coriander
420g can no-added-salt brown lentils, undrained
2 x 125g can chickpeas, undrained
2 Tbsp tomato purée
1 tsp salt-reduced stock powder or gluten-free stock powder
1L (4 cups) boiling water
½ small bunch flat-leaf parsley, chopped, plus extra leaves, to serve

1 Heat the oil in a large saucepan over high heat. Add onion, carrot and celery and cook, stirring occasionally, for 7-8 minutes or until vegetables start to soften. Add lamb, turmeric, cumin and coriander. Cook, stirring, for 2-3 minutes or until meat starts to brown.

2 Add the lentils and chickpeas (and their liquid) to the saucepan. Add the tomato purée, stock powder and boiling water. Cover and bring to the boil over high heat. Reduce heat to medium-low and cook, covered, for 30 minutes or until the vegetables are tender.

3 Stir the chopped parsley into the soup. Sprinkle with extra leaves, to serve, if you like.

Nutrition info

PER SERVE 1920kJ, **protein** 28g, **total fat** 15g (sat. fat 3g), **carbs** 42g, **fibre** 18g, **sodium** 683mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

GF

HOT AND SOUR PRAWN & CHICKEN SOUP

PREP 15 MINS **COOK** 15 MINS
SERVES 2 (AS A MAIN MEAL)

- **750ml (3 cups) water**
- **4 fresh kaffir lime leaves, torn**
- **3cm piece ginger, thickly sliced**
- **1 small fresh red chilli, thinly sliced**
- **100g dried rice noodles**
- **4 (140g) green king prawns, peeled and deveined with tails left intact**
- **100g skinless chicken breast fillet, trimmed of fat, thinly sliced**
- **1 Tbsp fresh lime juice**
- **100g snow peas, shredded**
- **350g baby choy sum, trimmed, coarsely chopped**
- **½ cup bean sprouts**
- **¼ cup each loosely packed coriander, mint and Thai basil leaves**

1 Put the water, lime leaves, ginger and half the chilli in a medium saucepan. Bring to the boil over high heat. Reduce heat to medium and simmer, covered, for 10 minutes. Discard the leaves and ginger.

2 Meanwhile, cook the noodles in a medium saucepan of boiling water according to packet directions. Drain.

3 Add the prawns and chicken to the broth. Simmer for 3 minutes or until the chicken and prawns are cooked. Stir in the lime juice.

4 Divide the noodles, snow peas and choy sum between two serving bowls. Ladle over the hot broth mixture. Top with the sprouts, herbs and remaining chilli.

COOK'S TIP Make sure the broth is piping hot so it will slightly cook the choy sum and snow peas. If you can't find baby choy sum, use ½ bunch of normal choy sum or another Asian green. Kaffir lime leaves are sold in small packets. Freeze the remaining leaves – they lose a bit of colour but keep all their flavour.

Nutrition info

PER SERVE 1790kJ, **protein** 45g, **total fat** 3g (sat. fat 2g), **carbs** 46g, **fibre** 8g, **sodium** 550mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten free**

GFO LC

CURRIED CAULIFLOWER SOUP

PREP 15 MINS **COOK** 40 MINS
SERVES 4 (AS A LIGHT MEAL)

1 large (about 450g) cauliflower, tough outer leaves removed
2 Tbsp olive oil
1 brown onion, finely chopped
2 cloves garlic, thinly sliced
1 Tbsp mild curry powder or gluten-free curry powder
750ml (3 cups) salt-reduced vegetable stock or gluten-free stock
250ml (1 cup) water
100g Greek yoghurt
Juice of half a lemon
Freshly ground black pepper

1 Trim all of the florets from the cauliflower and cut into chunky pieces, reserving 2 of the nicer florets for later. Finely chop the stem.

2 Heat the oil in a large saucepan over medium heat. Add the chopped cauliflower florets and stem and onion. Cook, stirring often, for 10 minutes or until the cauliflower is deep golden in colour. Add the garlic and cook, stirring, for 2 minutes. Add the curry powder and cook, stirring, for 1 minute. Add the vegetable stock and water. Simmer for 20 minutes or until the cauliflower is starting to break down.

3 Remove the pan from the heat and stir through the yoghurt. Use a hand-held blender to blend until completely smooth.

4 Use a sharp knife or mandoline to very thinly slice the 2 reserved cauliflower florets. Gently toss them with the lemon juice. Season with pepper. Pour the soup into serving bowls and top with the thinly sliced cauliflower.

Nutrition info

PER SERVE 696kJ, **protein** 5g, **total fat** 11g (sat. fat 2g), **carbs** 10g, **fibre** 4g, **sodium** 550mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb** ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

7-DAY WINTER DIET PLAN

Whether you want to kick-start your healthy eating habits or continue the good work, our new seven-day Healthy Diet Plan, which includes alternative recipes for vegetarians, is full of ideas to help you look and feel fantastic.

How our food works for you
see page 79

How to use the plan

Our aim is to create delicious meals that are packed with healthy fats, lean protein and low glycaemic index (low GI) carbs, as well as a rainbow of fruit and vegetables, while minimising processed products.

This plan can help you to cut down on added sugar, lose excess weight and give your energy levels a boost. You'll also support your immune system by eating plenty of nutrients that can also help improve your skin, nails and hair – think of it as a beauty treatment, too!

Each day provides more than your recommended five serves of vegetables and keeps within the suggested range for fats, saturated fats, sugar and sodium (salt), while also keeping your total kilojoules low to promote weight loss. Fat helps your body absorb fat-soluble vitamins like A, E and D, so we've included healthy fats from oily fish, olive oil and unsalted nuts. We've used olive oil in our recipes because it is high in monounsaturated and polyunsaturated fats promoting heart health.

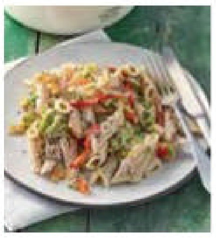
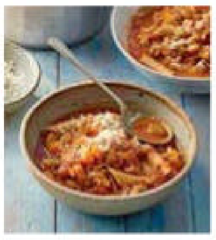
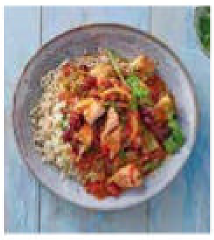
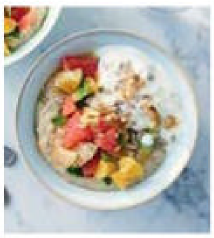
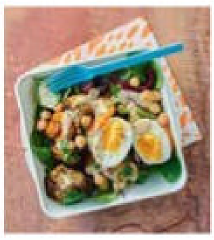
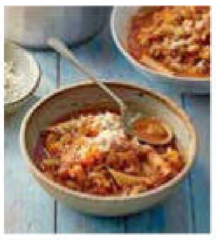
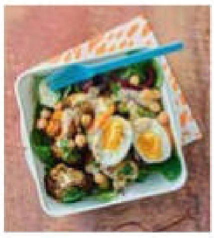
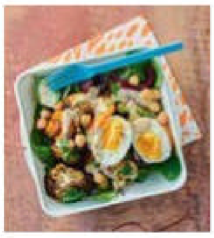
For a completely balanced meal plan and to keep those hunger pangs at bay, we suggest you include at least 1-2 serves of fresh fruit and 1 serve of low fat dairy as mid-meal snacks throughout the day.

With the inclusion of snacks, this plan will provide on average 6000kJ per day and approximately 150g carbohydrate spread out over the course of the day. This is likely to create a moderate shortfall of total daily kilojoules, allowing for steady and controlled weight loss. If weight loss is not your goal, or your lifestyle requires a higher kilojoule or carbohydrate intake, be sure to adjust the recipes and/or portions accordingly.

As with any lifestyle or diet change, if you have any concerns or health issues we would encourage you to check with your GP or Accredited Practising Dietitian before starting our plans. We would also encourage you to check your blood glucose levels (BGLs) more regularly and make adjustments to your portions to meet your individual carbohydrate requirements at each meal and to best manage your BGLs.

The secret to the success of any approach to healthy eating is preparation and planning, so we recommend using the Saturday before you begin the diet plan to shop for ingredients and include a little bit of food preparation which will free up time during a busy week.

YOUR 7-DAY WINTER DIET PLAN FOR 2

	Breakfast	Lunch	Dinner
Sunday	Black bean & barley cakes with poached eggs **p53**	Sweet potato jackets with pomegranate & celeriac slaw **p55**	Rosemary balsamic lamb with veg mash **p59**
Monday	Black bean & barley cakes with poached eggs **p53**	Turkey & mandarin lunch bowl **p54**	 Penne with broccoli, lemon & anchovies **p60**
Tuesday	Peanut butter, date & oat parfait **p52**	 Chunky Bolognese soup **p57**	 Spicy fish stew **p63**
Wednesday	 Mandarin & vanilla porridge with citrus salsa **p52**	 Cumin roast veg with eggs & tahini dressing **p56**	Rosemary balsamic lamb with vegetable mash **p59**
Thursday	Mandarin & vanilla porridge with citrus salsa **p52**	 Chunky Bolognese soup **p57**	Spicy fish stew **p63**
Friday	Peanut butter, date & oat parfait **p52**	 Cumin roast veg with tahini dressing **p56**	 Herb & ricotta chicken with mushroom rice **p62**
Saturday	Peanut butter, date & oat parfait **p52**	Miso beansprout rolls **p58**	Eggplant dhal with tomato & onion raita **p60**

Start the day well

Don't skip breakfast – it'll set you up for the day
and help keep you satisfied until lunch

MANDARIN & VANILLA PORRIDGE WITH CITRUS FRUIT

PREP 10 MINS (+ OVERNIGHT SOAKING) **COOK** 5 MINS
SERVES 2 (AS A BREAKFAST, WITH LEFTOVERS FOR 2)

4 mandarins
2 tsp vanilla extract
140g rolled oats
800ml water
1 grapefruit, skin and white pith removed, chopped (seeds removed)
Small handful mint leaves
480g reduced-fat Greek natural yoghurt
2 Tbsp sunflower seeds
6 walnut halves, broken

1 Peel the mandarins, then finely chop 1 tbsp of the peel. Put the peel in a large bowl with the vanilla, oats and water. Cover and set aside to soak overnight.

2 To make the salsa, chop the mandarin flesh and put in a bowl with the grapefruit and mint leaves. Toss to combine. Cover and place in the fridge to chill.

3 The next morning, tip the porridge into a saucepan and cook over medium heat until bubbling and thick. Pour half the porridge into two bowls. Spoon over half the yoghurt. Top with half the salsa, seeds and nuts.

LEFTOVERS Tip the remainder of the porridge into a container ready to chill. The leftover porridge can be reheated the next day with a splash of water. Top with the remaining yoghurt, salsa, seeds and nuts.

Nutrition info

PER SERVE 1310kJ, **protein** 15g, **total fat** 8g (sat. fat 2g), **carbs** 38g, **fibre** 9g, **sodium** 145mg • **Carb exchanges** 2½ • **GI estimate** low

PEANUT BUTTER, DATE & OAT PARFAIT

PREP 10 MINS
MAKES 2 (AS A BREAKFAST WITH LEFTOVERS FOR ANOTHER 2 DAYS)

180g rolled oats
600ml boiling water
75g no-added-salt and no-added-sugar crunchy peanut butter
40g pitted medjool dates, chopped
2 tsp vanilla extract
600g reduced-fat Greek natural yoghurt
Ground cinnamon, for dusting

1 Put the oats in a large heatproof bowl and pour over the boiling water. Add the peanut butter, date and vanilla. Stir well. Set aside to cool.

2 Stir 240g of the yoghurt into the oat mixture. Adding a small amount of water if it's a little stiff.

3 Spoon the oat mixture between 6 glasses. Top with the remaining yoghurt and dust with cinnamon. Cover each glass with plastic wrap and keep in the fridge until ready to serve.

COOK'S TIP Keep in the fridge for up to five days.

Nutrition info

PER SERVE 1240kJ, **protein** 14g, **total fat** 12g (sat. fat 3g), **carbs** 30g, **fibre** 6g, **sodium** 117mg • **Carb exchanges** 2 • **GI estimate** low

BLACK BEAN & BARLEY CAKES WITH POACHED EGGS

PREP 10 MINS **COOK** 10 MINS
SERVES 2 (AS A BREAKFAST WITH LEFTOVERS FOR 2)

2 x 420g cans no-added-salt black beans, rinsed, drained well
15g rolled oats
2 tsp ground coriander
1 tsp cumin seeds
2 tsp thyme leaves
1 tsp salt-reduced vegetable stock powder
5 x 60g eggs
250g cooked barley
2 green shallots, white part finely chopped, green thinly sliced
4 tsp olive oil
200g cherry tomatoes on the vine
4 Tbsp sunflower seeds

1 Put the beans, rolled oats, coriander, cumin seeds, thyme and stock powder in a large bowl. Use a hand held blender to blitz to make a rough paste. Stir in 1 of the eggs with the barley and whites of the green shallot. Remove half the mix for another morning, place in an airtight container and keep in the fridge.

2 Heat 1 teaspoon of the oil in a large non-stick frying pan over medium heat. Add the remaining mixture in two big spoonfuls, gently pressed to make flat cakes. Cook for 7 minutes. Carefully turn and cook for a further 4-5 minutes or until golden brown.

3 Meanwhile, poach two eggs in a pan of simmering water for 3-4 minutes. Transfer to a plate lined with paper towel. Heat another teaspoon of oil in the pan and add half the tomatoes. Cook for 2-3 minutes to brown slightly.

4 Slide the barley cakes onto two plates. Top with the tomatoes, eggs, a sprinkling of the green part of the shallots and half the sunflower seeds.

Nutrition info

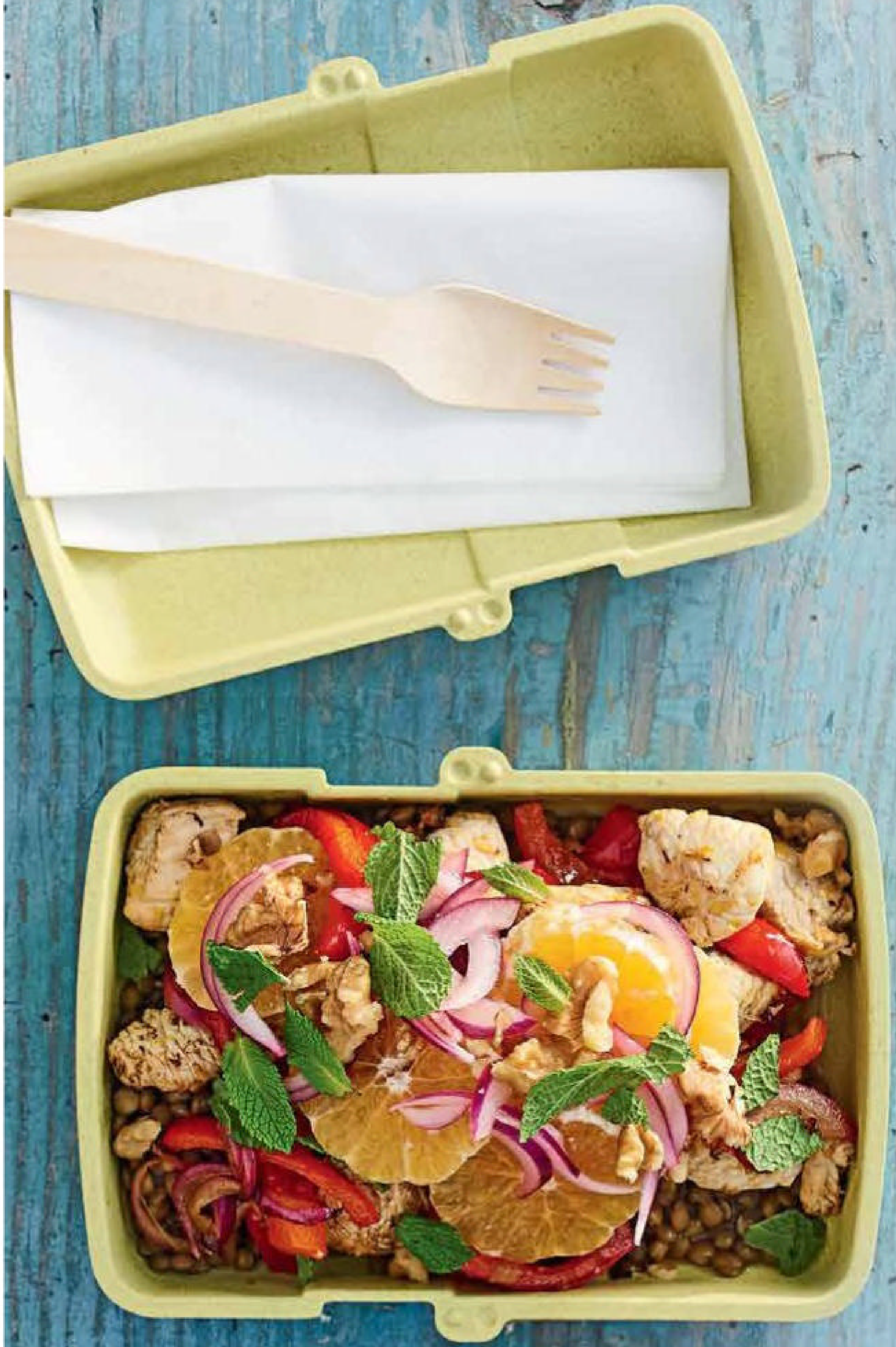
PER SERVE 1750kJ, **protein** 24g, **total fat** 15g (sat. fat 3g), **carbs** 40g, **fibre** 10g, **sodium** 261mg • **Carb exchanges** 2½ • **GI estimate** low

Leftovers

On another morning, repeat steps 2, 3 and 4 with the remaining ingredients.

Break for lunch

Sit down and enjoy these sustaining lunches, packed with protein, whole grains and pulses



GF LC

TURKEY & MANDARIN LUNCH BOWLS

PREP 15 MINS **COOK** 15 MINS
SERVES 2 (AS A LIGHT MEAL)

½ red onion, halved, thinly sliced
Zest and juice of ½ lemon
150g turkey breast, trimmed of fat, finely chopped
1 mandarin, ½ zested and the flesh sliced into rounds
1 clove garlic, chopped
1 Tbsp olive oil
½ x 420g can rinsed and drained no-added-salt brown lentils
2 tsp balsamic vinegar
½ red capsicum, quartered and sliced
Small handful mint, chopped
2 walnut halves, chopped

1 Place the onion and lemon juice in a small bowl. Toss to combine. Put the turkey in a bowl. Add the zest of the lemon and mandarin, garlic and half the oil.

2 Tip the lentils evenly between two bowls or lunchboxes and drizzle over the balsamic vinegar. Heat the remaining oil in a large non-stick wok. Add the capsicum and stir-fry for 3 minutes. Add the turkey and half the onion. Stir-fry for 2 minutes or until the turkey is cooked and the capsicum is tender.

3 Divide the turkey mixture on top of the lentils. Top with the mandarin flesh, remaining onion, mint and walnuts.

Nutrition info

PER SERVE 1220kJ, **protein** 22g, **total fat** 13g (sat. fat 2g), **carbs** 17g, **fibre** 7g, **sodium** 192mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower carb**

GF

SWEET POTATO JACKETS WITH POMEGRANATE & CELERIAC SLAW

PREP 15 MINS **COOK** 35-40 MINS
SERVES 2 (AS A LIGHT MEAL)

2 (about 150g each) orange sweet potatoes
90g pomegranate seeds
8 walnut halves, broken
Small handful coriander, chopped

SLAW
1 small red onion, halved, thinly sliced
160g peeled celeriac, thinly sliced into matchsticks
2 stalks celery, chopped
120g reduced-fat Greek natural yoghurt
1 Tbsp fresh lemon juice
2 tsp olive oil
2 tsp balsamic vinegar
½-1 tsp English mustard powder (optional)
2 Tbsp chopped flat-leaf parsley

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Place the sweet potatoes on the tray and roast for 35-40 minutes or until a knife slides in easily.

2 Meanwhile, put the onion in a heatproof bowl and cover with boiling water, set aside for 5 minutes. Drain, rinse under cold tap and pat dry with paper towel. Tip into a large bowl. Add the celeriac and celery. Reserve 4 tablespoons of the yoghurt, combine remaining yoghurt with the onion mixture.

3 Cut into the sweet potatoes and gently squeeze to open them. Top with the remaining yoghurt, pomegranate and walnuts. Scatter over the coriander. Serve the potatoes with the slaw.

Nutrition info

PER SERVE 1380kJ, **protein** 12g, **total fat** 9g (sat. fat 2g), **carbs** 39g, **fibre** 15g, **sodium** 151mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten free**

LOWER-CARB OPTION
Halve the quantity of carrots and chickpeas.

GF

CUMIN ROAST VEGIES WITH TAHINI DRESSING

PREP 10 MINS **COOK** 45-50 MINS
SERVES 2 (AS A LIGHT MEAL; WITH LEFTOVERS FOR 2)

2 large carrots, roughly chopped
3 peeled raw beetroots, roughly chopped
1 small (200g) orange sweet potato, sliced
2 red onions, cut into wedges
200g cauliflower florets
1 tsp cumin seeds
2 tsp olive oil
1 Tbsp balsamic vinegar
3 Tbsp chopped mint
3 Tbsp chopped coriander
400g can no-added-salt chickpeas, rinsed and drained
2 hard-boiled eggs, halved
100g baby spinach leaves

TAHINI DRESSING
2 Tbsp tahini
1 Tbsp no-added-salt and no-added-sugar crunchy peanut butter
Zest and juice of 1 lemon
1 tsp ground coriander
1 clove garlic, finely grated
4-5 Tbsp water

1 Preheat oven to 180°C (fan-forced). Line a large roasting pan with baking paper. Add the carrot, beet, sweet potato, onion, cauliflower, cumin, oil and balsamic vinegar to a large bowl. Toss to combine. Roast for 45-50 minutes or until the vegetables are tender and starting to darken around the edges. Set aside to cool slightly.

2 Meanwhile, to make the tahini dressing, put the tahini, peanut butter, lemon juice, coriander and garlic in a small bowl. Mix to combine. Whisk in enough water to make a drizzling consistency.

3 Add the mint, coriander, lemon zest and chickpeas to the roast vegetables. Toss to combine. Serve two portions now with the eggs, some dressing and half the spinach, then save the remainder for another day without the eggs.

Nutrition info

PER SERVE 1520kJ, **protein** 18g, **total fat** 17g (sat. fat 3g), **carbs** 32g, **fibre** 14g, **sodium** 186mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

GF LCO

PER SERVE 1350kJ, **protein** 14g, **total fat** 16g (sat. fat 3g), **carbs** 25g, **fibre** 11g, **sodium** 158mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

LOWER-CARB OPTION
Swap the wholemeal penne for 100g Atkins Low Carb Penne.

GFO

CHUNKY BOLOGNESE SOUP WITH PENNE

PREP 10 MINS **COOK** 35 MINS
SERVES 2 (AS A LIGHT MEAL WITH LEFTOVERS FOR 2)

- 2 tsp olive oil
- 3 brown onions, finely chopped
- 3 large carrots, finely chopped
- 2 stalks celery, finely chopped
- 3 cloves garlic, finely chopped
- 250g extra lean beef mince
- 500ml (2 cups) passata
- 1 tsp salt-reduced or gluten-free vegetable stock powder
- 1.25L (5 cups) boiling water
- 1 tsp smoked paprika
- 4 thyme sprigs
- Freshly ground black pepper
- 100g wholemeal penne or gluten-free pasta
- 45g finely grated parmesan, plus extra to serve

1 Heat the oil in a large non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 4-5 minutes or until the onion starts to soften. Add the carrots, celery and garlic. Cook, stirring occasionally, or until the vegetables soften.

2 Add the mince to the pan and stir well so it breaks down as it cooks. Once it's turned brown, add the passata, stock powder and boiling water. Add the paprika, thyme and pepper. Cover the pan and bring to the boil. Reduce heat and simmer, covered for 15 minutes.

3 Add the pasta to the sauce and continue to cook for a further 12-15 minutes or until the pasta is tender. Stir in the parmesan. Ladle half the bolognese soup into bowls. Sprinkle over the extra parmesan, if you like.

LEFTOVERS Cool the remaining soup and then remove the thyme. Place in an airtight container and keep in the fridge for up to 7 days. Reheat in a pan, adding some water if it's too thick.

Nutrition info

PER SERVE 1480kJ, **protein** 26g, **total fat** 9g (sat. fat 4g), **carbs** 36g, **fibre** 13g, **sodium** 787mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

LCO

PER SERVE 1470kJ, **protein** 35g, **total fat** 9g (sat. fat 4g), **carbs** 26g, **fibre** 13g, **sodium** 797mg • **Carb exchanges** 1½• **GI estimate** low • **Lower carb**

GFO LC

MISO BEANSPROUT ROLLS

PREP 10 MINS **COOK** 10 MINS
SERVES 2 (AS A LIGHT MEAL)

40g Low GI brown Doongara rice
1½ Tbsp finely chopped ginger, plus 2 slices, extra
2 tsp olive oil
1 yellow capsicum, deseeded, cut into strips
4 cloves garlic, grated
160g beansprouts
4 green shallots, shredded
1 carrot, cut into thin strips
1 red chilli, deseeded and chopped (optional)
2 tsp miso paste or gluten-free miso paste
2 tsp water
4 x 60g large eggs

1 Cook the rice and sliced ginger in a medium saucepan of boiling water for 25 minutes or until the rice is tender. Drain well and remove the ginger.

2 Heat 1 teaspoon of the oil in a large wok over medium-high heat. Add the chopped ginger, capsicum and garlic. Stir-fry for 1 minute. Add the beansprouts, green shallots, carrot and chilli. Stir-fry for 2 minutes or until the vegetables soften. Remove the wok from the heat.

3 Combine the miso paste and water in a small bowl. Add the eggs and whisk to combine. Heat ½ teaspoon of the remaining oil in a large non-stick frying pan over medium heat. Pour in half the egg mixture and scatter over the rice. Allow the mixture to set to an omelette. While still a little moist, tip half of the vegetables on top and cook for a few seconds more. Carefully roll up and transfer to a plate. Repeat with the remaining oil, egg, rice and vegetables.

Nutrition info

PER SERVE 1500kJ, **protein** 23g, **total fat** 16g (sat. fat 4g), **carbs** 26g, **fibre** 8g, **sodium** 403mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

Delish dinners

Come home to healthy, time-saving and tasty meals

GFO

ROSEMARY BALSAMIC LAMB WITH VEGIE MASH

PREP 15 MINS **COOK** 35 MINS
SERVES 2 (AS A MAIN; WITH LEFTOVERS FOR 2)

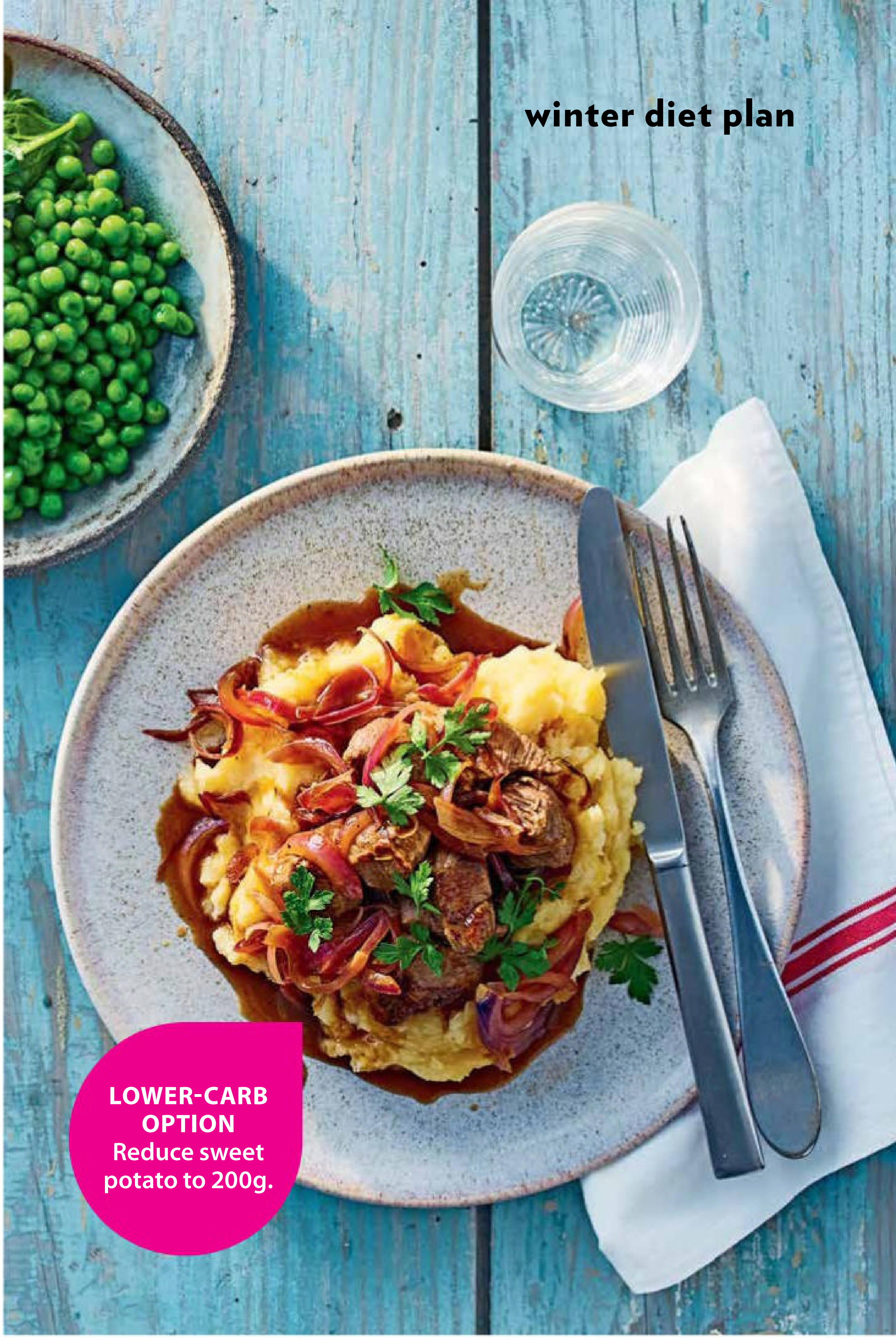
320g celeriac, finely chopped
320g swede, finely chopped
320g orange sweet potato, finely chopped
1 Tbsp olive oil
3 red onions, thinly sliced
550g lean lamb steaks, trimmed of fat, finely chopped
1 tsp finely chopped rosemary
1 tsp salt-reduced vegetable stock powder or gluten-free stock powder
200ml boiling water
2 Tbsp balsamic vinegar
1 Tbsp chopped parsley
320g baby spinach leaves, steamed or microwaved, to serve
320g frozen peas, steamed or microwaved, to serve

1 Put the celeriac, swede and potato in a large steamer basket over a saucepan of simmering water. Cover and steam for 25 minutes or vegetables until soften.

2 Meanwhile, heat the oil in a large non-stick frying pan over medium heat. Add the onions, stirring occasionally and cook for 10 minutes or until the onions soften and are golden. Push the onions to the side of the pan, then add the lamb and rosemary. Stir-fry for 1-2 minutes or until browned, but still a little pink in the middle. Add the stock powder, water and balsamic vinegar. Stir to make a sauce.

3 Transfer the steamed vegetables to a bowl and mash until smooth. Divide half the mash between two serving plates. Top with half the lamb and half the gravy. Sprinkle with the parsley and serve with half the spinach and peas.

LEFTOVERS Chill the remaining lamb, gravy, mash and vegetables to reheat and serve on another evening.



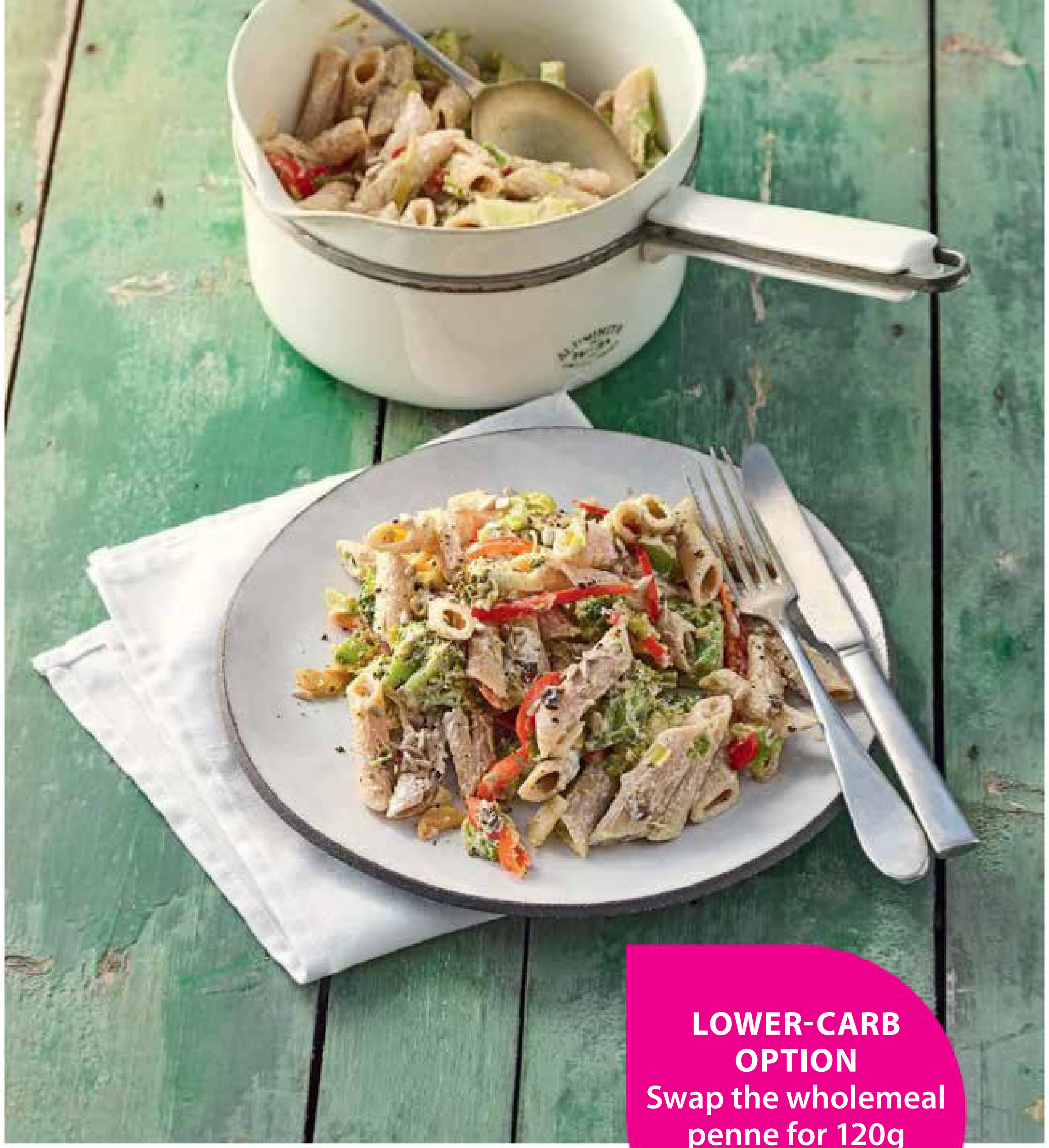
LOWER-CARB OPTION
Reduce sweet potato to 200g.

Nutrition info

PER SERVE 1840kJ, **protein** 42g, **total fat** 13g (sat. fat 3g), **carbs** 30g, **fibre** 17g, **sodium** 470mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

GFO LCO

PER SERVE 1750kJ, **protein** 41g, **total fat** 13g (sat. fat 3g), **carbs** 26g, **fibre** 17g, **sodium** 467mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**



LOWER-CARB OPTION
Swap the wholemeal penne for 120g Atkins Low Carb Penne.

GFO

PENNE WITH BROCCOLI, LEMON & ANCHOVIES

PREP 10 MINS **COOK** 20 MINS
SERVES 2 (AS A MAIN)

150g wholemeal penne or gluten free pasta
1 leek, washed and sliced
180g broccoli, cut into small florets
15g anchovies, chopped, plus 2 tsp oil from the can
1 red capsicum, deseeded, quartered and sliced
½ tsp finely chopped rosemary
1 red chilli, deseeded and sliced
3 cloves garlic, sliced
Zest and juice of ½ lemon
4 Tbsp ricotta
2 Tbsp sunflower seeds

1 Add the pasta and leeks to a medium saucepan of boiling water and cook for 7 minutes. Add the broccoli and cook for a further 5 minutes or until everything is just tender.

2 Meanwhile, heat the oil from the anchovies in a large non-stick frying pan over medium heat. Add the capsicum, rosemary, chilli and garlic. Cook, stirring often, for 5 minutes or until the capsicum softens.

3 Drain the pasta and vegetables, reserving a little water. Return the pasta and vegetables into the pan. Add the zest and lemon juice, anchovies and ricotta. Toss well over the heat, using the pasta water to loosen the sauce. Toss through the sunflower seeds and serve.

Nutrition info

PER SERVE 2130kJ, **protein** 26g, **total fat** 15g (sat. fat 5g), **carbs** 57g, **fibre** 19g, **sodium** 530mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**

LCO

PER SERVE 1910kJ, **protein** 46g, **total fat** 15g (sat. fat 5g), **carbs** 26g, **fibre** 19g, **sodium** 552mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

GFO

EGGPLANT DHAL WITH TOMATO & ONION RAITA

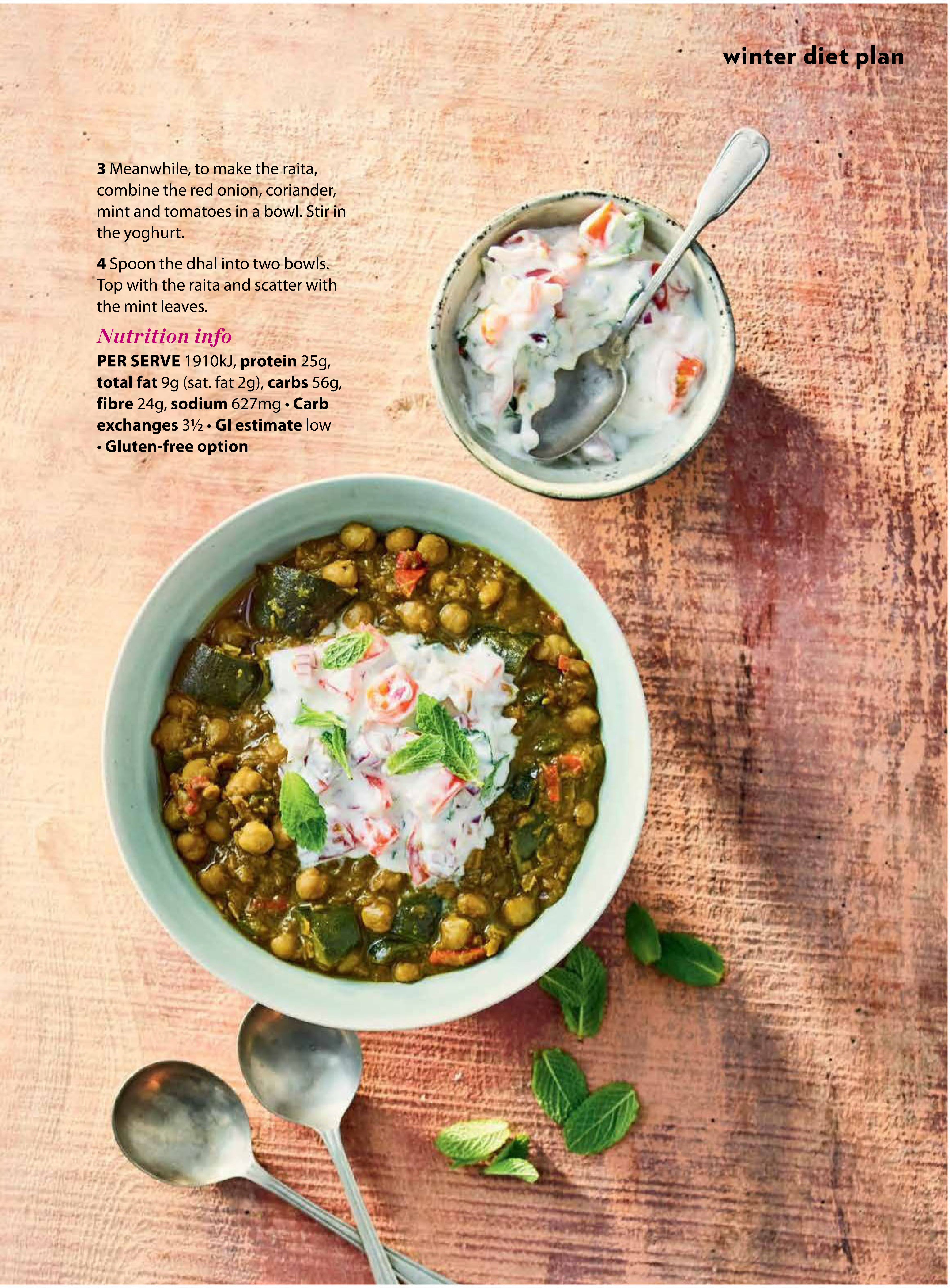
PREP 15 MINS **COOK** 25 MINS
SERVES 2 (AS A MAIN)

2 tsp olive oil
1 large brown onion, thinly sliced
3 cloves garlic, thinly sliced
1 Tbsp finely chopped ginger
2 tsp ground turmeric
2 tsp ground coriander
2 tsp cumin seeds
1 red chilli, deseeded and thinly sliced
800ml boiling water
1 tsp salt-reduced vegetable stock powder or gluten-free stock powder
90g dried red lentils
1 large eggplant, cubed
½ x 400g can no-added-salt chickpeas, undrained

RAITA
1 small red onion, finely chopped
⅓ bunch coriander, chopped
Small handful mint leaves, chopped, plus a few small leaves, extra
2 tomatoes, chopped
100g fat-free natural yoghurt

1 Heat the oil in a large non-stick frying pan over medium heat. Add the onion, garlic and ginger. Cook, stirring occasionally, for 8 minutes or until the onion softens. Add the turmeric, coriander, cumin seeds and chilli. Cook, stirring, for 20 seconds.

2 Pour the boiling water, stock powder, lentils and eggplant to the pan. Cover the pan and simmer for 15 minutes or until the lentils are pulpy. Stir in the chickpeas (with their water, if you need a little more liquid), and cook for a further 5 minutes.



3 Meanwhile, to make the raita, combine the red onion, coriander, mint and tomatoes in a bowl. Stir in the yoghurt.

4 Spoon the dhal into two bowls. Top with the raita and scatter with the mint leaves.

Nutrition info

PER SERVE 1910kJ, **protein** 25g, **total fat** 9g (sat. fat 2g), **carbs** 56g, **fibre** 24g, **sodium** 627mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

GFO

HERB & RICOTTA CHICKEN WITH MUSHROOM RICE

PREP 10 MINS **COOK** 35 MINS
SERVES 2 (AS A MAIN)

- **2½ tsp olive oil**
- **2 leeks, washed and sliced**
- **180g cup mushrooms, roughly sliced**
- **100g Low GI Brown Doongara Rice**
- **3 sprigs thyme**
- **2 tsp salt-reduced vegetable stock powder or gluten-free stock powder**
- **700ml boiling water**
- **60g low-fat ricotta**
- **Good handful basil, chopped, plus a few small leaves, to serve**
- **1 clove garlic, finely grated**
- **10g parmesan, finely grated**
- **2 x 100g skinless chicken breast fillets, trimmed of fat**
- **Handful chopped parsley, plus extra leaves, to serve**

1 Heat 1 tsp of the oil in a large saucepan over medium heat. Add the leeks and cook, stirring occasionally, for 8-10 minutes or until the leeks soften and charred around the edges. Add the mushrooms and cook, stirring often, for a further 4-5 minutes or until the onions soften.

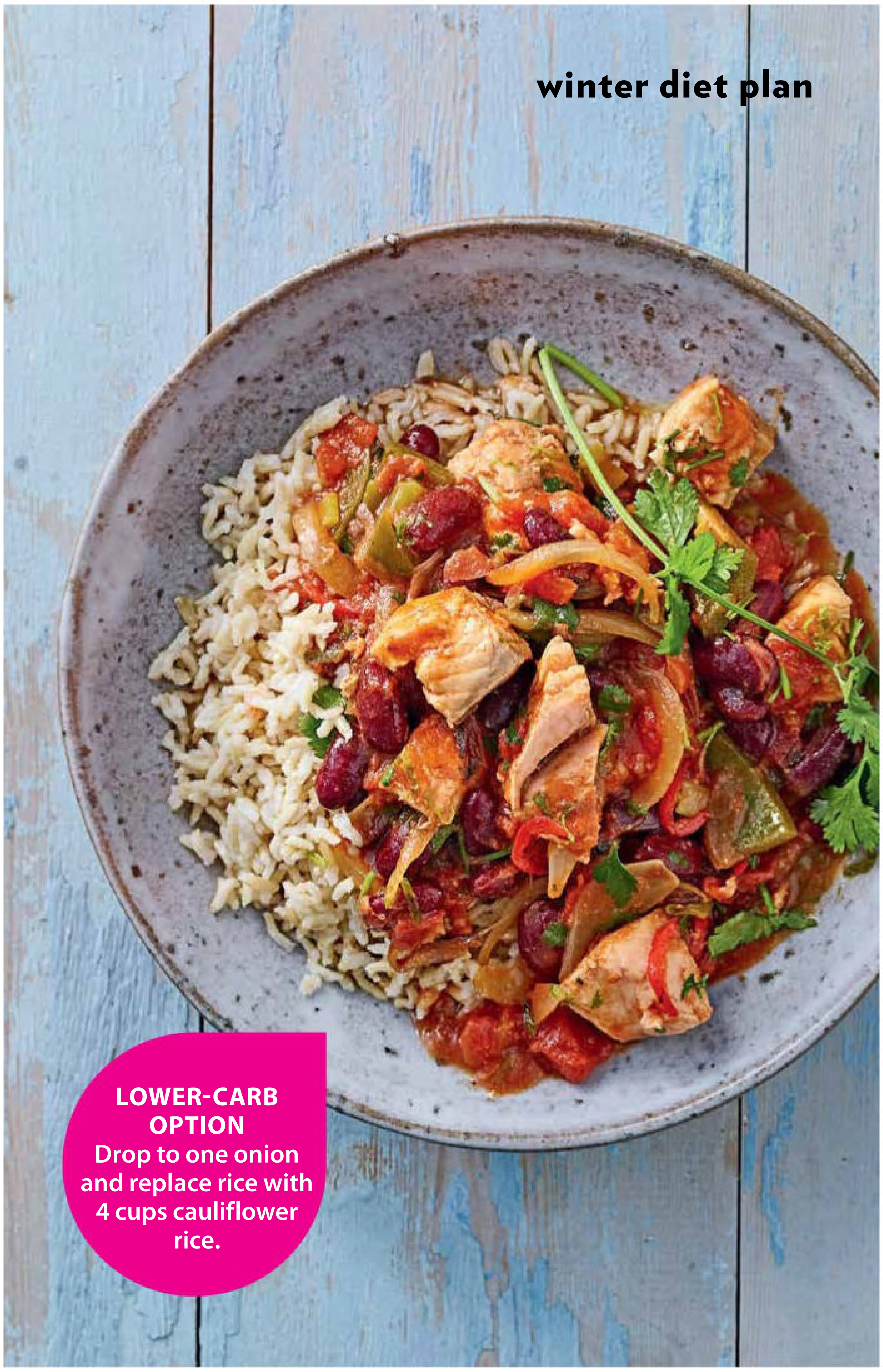
2 Stir the rice, thyme sprigs, stock powder and water into the pan. Cover and bring to the boil. Reduce heat to medium-low and cook, covered, for 30 minutes.

3 Meanwhile, combine the ricotta, basil, garlic and parmesan in a small bowl. Cut a slash in the top of each chicken breast, then slightly open out and spoon on the ricotta mix. Heat the remaining oil in a small non-stick frying pan over medium heat. Add the chicken, ricotta-side up. Cover with a lid and cook over low heat for 10 minutes or until the chicken is cooked. Once cooked, turn off the heat and leave while you wait for the rice to finish cooking.

4 Pour any juices from the chicken into the rice, then cook for a further 5 minutes to evaporate any excess moisture. Stir the parsley through the rice, remove the thyme sprigs and spoon onto two plates. Top with the chicken, and scatter over the basil leaves and extra parsley leaves.

Nutrition info

PER SERVE 1970kJ, **protein** 37g, **total fat** 13g (sat. fat 3g), **carbs** 44g, **fibre** 11g, **sodium** 720mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**



LOWER-CARB OPTION
Drop to one onion and replace rice with 4 cups cauliflower rice.

GFO

SPICY FISH STEW

PREP 10 MINS **COOK** 40 MINS
SERVES 2 (AS A MAIN; WITH LEFTOVERS FOR 2)

1 Tbsp olive oil
2 brown onions, thinly sliced
3 green shallots, chopped
3 cloves garlic, chopped
1 red chilli, deseeded and thinly sliced
Few thyme sprigs
2 x 400g cans no-added-salt chopped tomatoes
1 tsp salt-reduced vegetable stock powder or gluten-free stock powder
400ml boiling water
2 green capsicum, deseeded, cut into pieces
140g Low GI Brown Doongara Rice
210g can red kidney beans, drained
Handful coriander, chopped, plus a few sprigs extra, to serve
Handful flat-leaf parsley, chopped
500g skinless and boneless salmon, cut into large pieces
Zest of 1 lime

1 Heat the oil in a large non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally for 8-10 minutes or the onions soften and are golden. Add the green shallots, garlic, chilli and thyme. Cook, stirring, for 1 minute. Pour in the tomatoes, stock powder, boiling water and capsicum. Cover and bring to the boil over high heat. Reduce heat to medium-low and simmer, covered, for 15 minutes.

2 Meanwhile, cook the rice according to pack instructions.

3 Stir the beans, coriander and parsley into the pan. Continue to cook, covered, for 10 minutes or until the capsicum is tender. Add the salmon and lime zest. Cook, covered, for a further 4-5 minutes or until the salmon is cooked through.

4 Ladle half the rice and half the stew between two bowls and scatter with the coriander sprigs.

LEFTOVERS Cool the remaining stew and rice, then cover and chill to eat on another night. Gently reheat in a saucepan until bubbling. The rice can be reheated in the microwave.

Nutrition info

PER SERVE 2350kJ, **protein** 37g, **total fat** 22g (sat. fat 6g), **carbs** 48g, **fibre** 12g, **sodium** 350mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

GFO LCO

PER SERVE 1930kJ, **protein** 37g, **total fat** 21g (sat. fat 6g), **carbs** 26g, **fibre** 11g, **sodium** 404mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

Meat-free meals

Packed with goodness, these mains will help you feel full and satisfied

GFO

SPICY VEGETABLE STEW WITH COCONUT

PREP 10 MINS **COOK** 40 MINS
SERVES 2 (AS A MAIN; WITH LEFTOVERS FOR 2)

1 Tbsp olive oil
1 large brown onion, thinly sliced
1 Tbsp finely chopped ginger
3 cloves garlic, chopped
1 large red chilli, deseeded and thinly sliced
1 Tbsp thyme leaves
1 tsp ground cinnamon
1 tsp smoked paprika
2 tsp ground coriander
2 tsp cumin seeds
2 x 400g cans no-added-salt chopped tomatoes
2 tsp salt-reduced vegetable stock powder or gluten-free stock powder
800ml boiling water
2 green capsicum, deseeded, cubed
200g orange sweet potato, cubed
100g Low GI Brown Doongara Rice
400g cans no-added-salt red kidney beans, drained
Handful fresh coriander, chopped, plus extra for sprinkling
140g Siggis unsweetened coconut yoghurt

1 Heat the oil in a large non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 8 minutes or until the onion softens and is golden. Add the ginger, garlic, chilli and thyme. Cook, stirring, for 1 minute. Add the cinnamon, paprika, coriander and cumin seeds. Cook, stirring, for 1 minute. Add the tomatoes, stock powder, water, capsicum and sweet potato. Cover and bring to the boil. Reduce heat to medium-low and simmer for 30 minutes.

2 Meanwhile, cook the rice according to pack instructions.

3 Stir the beans into the stew with the coriander and simmer for a further 10 minutes or until the capsicum are tender.

4 Spoon half the rice and between two bowls. Top each with 2 tablespoons yoghurt and scatter with the extra coriander.

LEFTOVERS Cool the remaining stew and rice, then cover and chill to eat on another night with the remaining yoghurt. To serve again, gently reheat in a pan with a splash of water until bubbling. The rice can be reheated in the microwave.

Nutrition info

PER SERVE 1690kJ, **protein** 16g, **total fat** 9g (sat. fat 3g), **carbs** 56g, **fibre** 15g, **sodium** 576mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

GF

FETA & MANDARIN LUNCH BOWL

PREP 15 MINS **COOK** 15 MINS
SERVES 2 (AS A LIGHT MEAL)

1 red onion, halved, thinly sliced
Zest and juice of 1 lemon
2 mandarins, 1 zested, flesh sliced into rounds
2 cloves garlic, chopped
400g can no-added-salt brown lentils, drained
1 Tbsp balsamic vinegar
1 Tbsp olive oil
1 small red capsicum, quartered and sliced
50g feta, crumbled
Small handful mint leaves, chopped
4 walnut halves, broken into pieces

1 Combine the onion, lemon juice, lemon and mandarin zest and garlic in a small bowl.

2 Divide the lentils between two bowls or lunchboxes and drizzle over the balsamic vinegar and 2 teaspoons of the oil.

3 Heat the remaining oil in a large non-stick wok over medium-high heat. Add the capsicum and stir-fry for 3 minutes. Add half the onion and cook for 2-3 minutes or until tender.

4 Pile the capsicum mixture on top of the lentils. Toss the mandarin mixture, remaining onion, feta, mint and walnut pieces in a bowl. Sprinkle over the top.

Nutrition info

PER SERVE 1580kJ, **protein** 18g, **total fat** 16g (sat. fat 4g), **carbs** 33g, **fibre** 13g, **sodium** 298mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

GFO

WILD MUSHROOM & RICOTTA RICE WITH ROSEMARY & THYME

PREP 15 MINS **COOK** 45 MINS
SERVES 2 (AS A MAIN)

15g dried porcini mushrooms
800ml boiling water
1 Tbsp balsamic vinegar
2 tsp salt-reduced vegetable stock powder or gluten-free stock powder
2 tsp olive oil
1 large brown onion, finely chopped
200g small button mushrooms
1 Tbsp thyme leaves
1 tsp chopped rosemary
3 cloves garlic, sliced
Freshly ground black pepper
120g Low GI Brown Doongara Rice
2 leeks, washed and sliced
50g fresh low-fat ricotta
15g parmesan, finely grated
Flat leaf parsley, to serve

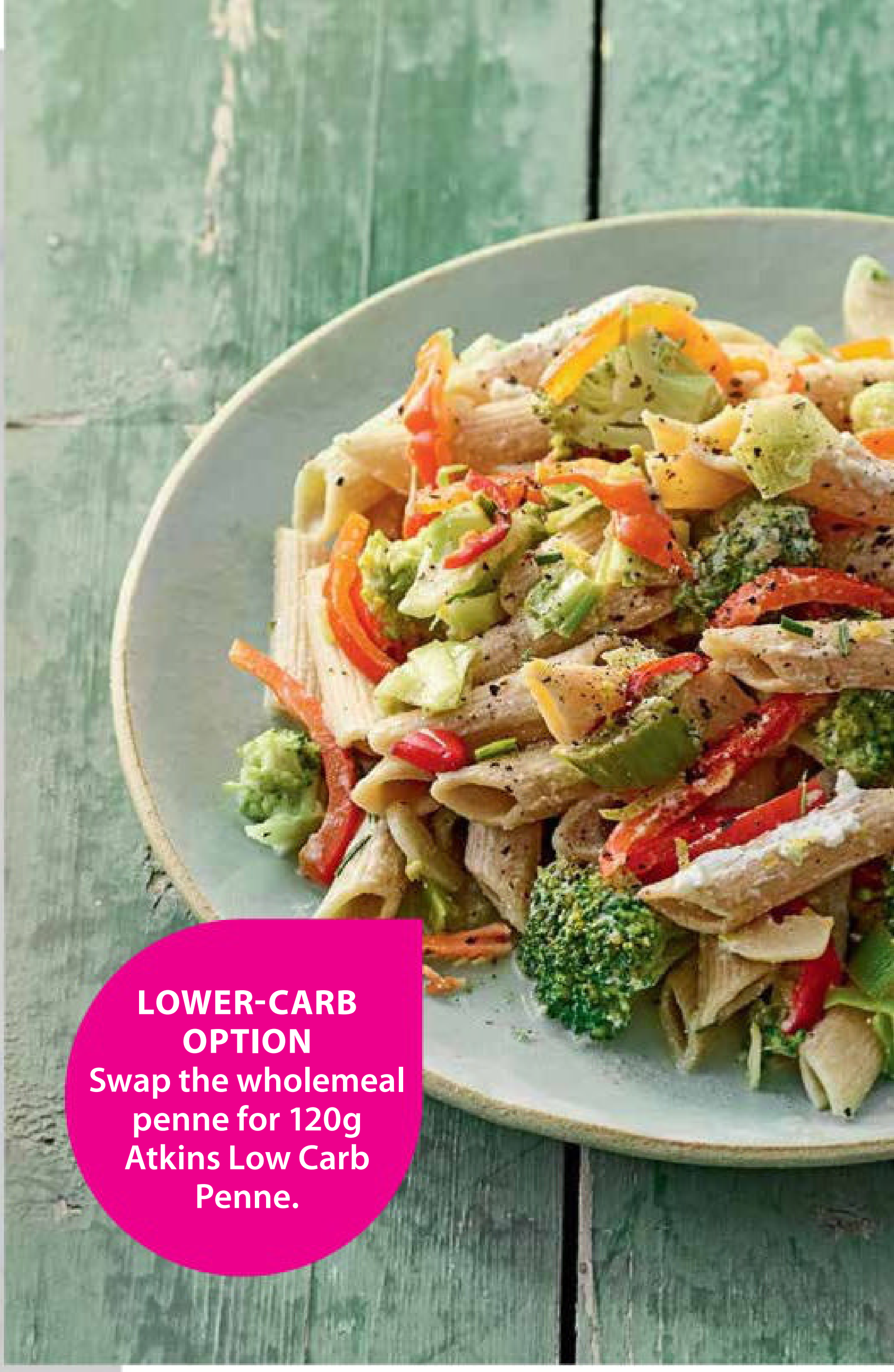
1 Put the dried mushrooms in a heatproof measuring jug and pour over the boiling water. Stir in the balsamic vinegar and stock powder. Set aside to soak.

2 Heat the oil in a large wok or non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 8 minutes or until the onion is soft and golden. Add the button mushrooms, thyme, rosemary and garlic. Season with pepper. Cook, stirring occasionally, for 5 minutes. Pour in the dried mushrooms and liquid, rice and leeks.

3 Cover the pan and bring to a simmer. Reduce heat to medium-low and cook, covered, for 30 minutes or until the liquid has been absorbed and the rice is tender but still nutty. Remove the pan from the heat. Stir in the ricotta and parmesan. Serve scattered with parsley leaves.

Nutrition info

PER SERVE 1970kJ, **protein** 20g, **total fat** 11g (sat. fat 3g), **carbs** 61g, **fibre** 16g, **sodium** 711mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**



LOWER-CARB OPTION
Swap the wholemeal penne for 120g Atkins Low Carb Penne.

GFO

RICOTTA, BROCCOLI & LEMON PENNE

PREP 10 MINS **COOK** 20 MINS
SERVES 2 (AS A MAIN)

120g wholemeal penne or gluten-free pasta
1 leek, washed and sliced
200g broccoli, cut into small florets
1 Tbsp olive oil
1 small red capsicum, deseeded, quartered, sliced
1 tsp finely chopped rosemary
1 red chilli, deseeded and sliced
3 cloves garlic, sliced
Zest and juice of 1 lemon
3 Tbsp smooth light ricotta

1 Bring a medium saucepan of water to the boil. Add the pasta and leeks and boil for 7 minutes. Add the broccoli and cook for a further 5 minutes or until tender. Drain the pasta and vegetables, reserving a little of the cooking liquid.

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

2 Meanwhile, heat the oil in a large non-stick frying pan. Add the capsicum, rosemary, chilli and garlic. Cook, stirring often, for 5 minutes or until the capsicum softens.

3 Return the pasta and vegetables to the pan. Add the lemon zest and juice and ricotta and enough of the reserved cooking water to allow the sauce to coat the pasta. Divide between serving bowls.

Nutrition info

PER SERVE 1750kJ, **protein** 19g, **total fat** 13g (sat. fat 2g), **carbs** 47g, **fibre** 17g, **sodium** 85mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

LCO

PER SERVE 1750kJ, **protein** 41g, **total fat** 13g (sat. fat 3g), **carbs** 24g, **fibre** 19g, **sodium** 108mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

GFO

BALSAMIC LENTIL PIES WITH VEGIE MASH

PREP 15 MINS **COOK** 45 MINS
SERVES 2 (AS A MAIN; WITH LEFTOVERS FOR 2)

2 Tbsp olive oil, plus ½ tsp extra
4 red onions, thinly sliced
150g puy lentils
2 Tbsp finely chopped rosemary
2 tsp salt-reduced vegetable stock powder or gluten-free stock powder
1L (4 cups) boiling water
2 Tbsp balsamic vinegar
350g peeled and finely chopped celeriac
350g peeled and finely chopped swede
300g peeled and finely chopped orange sweet potato
2 x 160g portions broccoli
2 x 160g portions baby spinach leaves
50g parmesan, finely grated

1 Heat the 2 Tablespoons oil in a large non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 7-8 minutes or until the onion softens and is golden. Stir in the lentils, rosemary, stock powder, water and balsamic vinegar. Simmer, stirring occasionally, for 35-40 minutes or until the lentils are soft but still have some bite.

2 Meanwhile, steam or boil the celeriac, swede and sweet potato in a steamer basket over a saucepan of simmering water for 25 minutes or until tender. Steam or microwave 1 portion of the broccoli. Heat half the extra oil in a medium non-stick frying pan over medium-high heat. Add one of the portions of spinach and cook, stirring, for 2 minutes or until the spinach wilts.

3 Preheat a grill on medium-high. Mash the root vegetables with a hand blender or masher. Spoon the lentils into four individual ovenproof dishes. Top with the mash and scatter over the parmesan. While they're still hot, grill two pies to melt the cheese and serve with the cooked green vegetables.

LEFTOVERS Chill the remaining pies until needed. They will keep for three days in the fridge. To reheat the pies, bake in the oven at 160°C (fan-forced) for 35 minutes. Cook the remaining portions of the green vegetables (as above) to serve alongside.

Nutrition info

PER SERVE 1950kJ, **protein** 26g, **total fat** 15g (sat. fat 4g), **carbs** 44g, **fibre** 22g, **sodium** 830mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option** ■

IN A SPIN

Thermomix is celebrating 20 years in Australia with the release of a stunning new cookbook. And a chance for you to win!

TM6, TM5, TM31

GF NF

SWEET POTATO QUICHE WITH PROSCIUTTO

PREP 15 MIN **COOK** 1 HR 15 MIN
SERVES 6

2 sweet potatoes (400g)
2 pinches sweet paprika
2 tbsp extra virgin olive oil
2 garlic cloves
1 onion (150g), halved
200g Danish feta, crumbled
60g fresh baby spinach leaves
5 eggs
60g pouring (whipping) cream
Ground black pepper, to season
100g thinly sliced prosciutto

THERMOMIX EXTRAS

Mandoline slicer

1 Preheat oven to 200°C.

2 Using a mandoline, V-slicer or sharp knife, cut sweet potatoes lengthways into 1 mm-thick slices. Place slices in a bowl, sprinkle with paprika and drizzle with oil. Using your hands, gently coat the potato slices in the oil. Arrange 3–4 layers of sweet potato over the base and up the side of a 24 cm quiche dish, leaving a 1.5 cm overhang around the edge of the dish, as the potatoes will shrink slightly during cooking. Bake for 20 minutes or until sweet potato is soft and tender. Meanwhile, continue with the recipe.

3 Place garlic and onion in mixing bowl, then chop **3 sec/speed 5**.

4 Scrape down sides of mixing bowl with spatula, then cook **3 min/100°C/speed 1**.

5 Add feta, spinach, eggs and cream, season with pepper, then chop **10 sec/speed 5**.

6 Reduce oven to 180°C. Carefully push the edge of the sweet potato shell back up if it has fallen inwards. Pour egg mixture into sweet potato shell and top with prosciutto. Bake for 30 minutes or until quiche is set and firm to touch. Cool for 10 minutes before slicing and serving warm with a salad (see Tip).

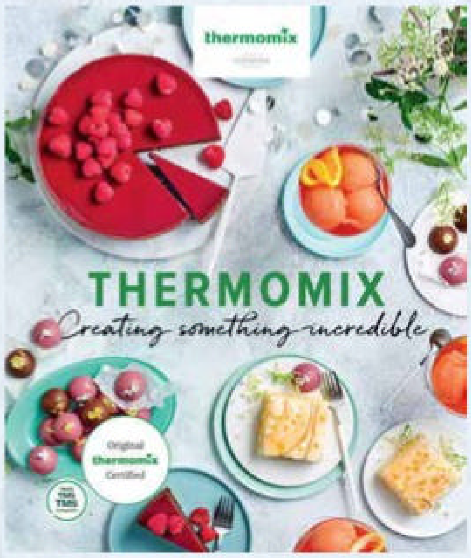
TIP Serve quiche topped with fresh flat-leaf parsley sprigs and accompanied by a rocket and avocado salad. Dress the salad with a little lemon juice and extra virgin olive oil, and season with salt and ground black pepper.

Nutrition info

PER SERVE 1650kJ, **protein** 19g, **total fat** 29g (sat. fat 9g), **carbs** 13g, **fibre** 6g, **sodium** 799mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower carb** ■

DIETARY SYMBOLS

- VEG VEGETARIAN
- GF GLUTEN FREE
- NF NUT FREE
- EF EGG FREE
- VE VEGAN
- DF DAIRY FREE



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Turn to page 128 for details. T&Cs apply.

3 OAT BAKES

Swap your regular porridge for a healthy baked version, packed with juicy fruits and nuts

How our food works for you see page 79

COCOA & CHERRY OAT BAKE

PREP 10 MINS **COOK** 25 MINS
SERVES 6 (AS A BREAKFAST)

- **75g dried cherries or 50g Ocean Spray 50% Less Sugar Craisins**
- **1 Tbsp chia seeds**
- **3 Tbsp warm water**
- **500ml (2 cups) almond milk**
- **200g rolled oats**
- **3 Tbsp cocoa powder**
- **1 Tbsp cacao nibs**
- **1 tsp baking powder**
- **1 tsp vanilla extract**
- **50g blanched hazelnuts**
- **100g frozen pitted cherries, defrosted (juices reserved), warmed, to serve**
- **Fat-free yoghurt, to serve (optional)**

1 Preheat oven to 180°C (fan-forced). Put the cherries or dried cranberries in a small heatproof bowl. Pour over enough boiling water to cover. Set aside for 10 minutes.

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

BLACKBERRY & OAT APPLE BAKE

COOK 40 MINS
SERVES 6 (AS A BREAKFAST)

- **500ml (2 cups) skim milk**
- **2 small cinnamon sticks**
- **6 cardamom pods, bruised**
- **2 Royal Gala apples, cored, cut into 1cm cubes**
- **200g rolled oats**
- **60g egg, whisked**
- **1 tsp vanilla extract**
- **1 tsp baking powder**
- **100g pecans, roughly chopped**
- **320g fresh or frozen blackberries**
- **2 Tbsp fat-free Greek yoghurt or 125ml (½ cup) reduced-fat milk and a drizzle of sugar free maple syrup, to serve**

1 Preheat oven to 180°C (fan-forced). Put the milk, cinnamon sticks, cardamom pods and apple in a small saucepan. Cover and bring to the boil over medium heat. Simmer for 10 minutes. Set aside to infuse for at least 15 minutes.

2 Remove and discard the cinnamon sticks and cardamom pods. Pour the apples and milk into a large bowl and use a fork to roughly crush the apples. Stir in the oats, egg, vanilla, baking powder, pecans and blackberries.

3 Tip the mixture into a 2L (8 cup) ovenproof dish and bake for about 30 minutes until piping hot in the middle. Serve with the yoghurt or milk and maple syrup.

Nutrition info

PER SERVE 1520kJ, **protein** 15g, **total fat** 16g (sat. fat 2g), **carbs** 34g, **fibre** 9g, **sodium** 157mg • **Carb exchanges** 2½ • **GI estimate** low

18+

WHAT IS

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2 Meanwhile, combine the chia seeds and warm water in a small bowl.

3 Drain the cherries and put in a large bowl with the soaked chia seeds, milk, oats, cocoa powder, cacao nibs, baking powder and vanilla extract.

4 Pour the mixture into a 2L (8 cup) ovenproof dish and sprinkle over the hazelnuts. Bake for 25 minutes or until the mixture is piping hot in the middle. Spoon into serving bowls. Top with the warmed cherries and yoghurt, if using.

Nutrition info

PER SERVE 1210kJ, **protein** 8g, **total fat** 14g (sat. fat 2g), **carbs** 29g, **fibre** 8g, **sodium** 110mg • **Carb exchanges** 2 • **GI estimate** low

Cook's Tip

You can also serve with 125ml (½ cup) reduced-fat milk or 2 Tbsp fat-free Greek yoghurt and a drizzle of honey.

BLUEBERRY & ALMOND OAT BAKE

PREP 10 MINS **COOK** 35 MINS
SERVES 6 (AS A BREAKFAST)

- **500ml (2 cups) almond milk**
- **200g rolled oats**
- **2 Tbsp almond spread**
- **1 tsp baking powder**
- **60g egg, lightly whisked**
- **1 small ripe banana, mashed**
- **½ tsp almond extract or 1 tsp vanilla extract (optional)**
- **500g fresh or defrosted frozen blueberries**
- **30g whole, skin-on almonds, roughly sliced or chopped**

1 Preheat oven to 180°C (fan-forced). Combine the almond milk, oats, almond spread, baking powder, egg, banana, almond extract, 450g blueberries and most of the almonds in a large bowl (reserve a few to sprinkle on top). Toss to combine.

2 Transfer the mixture to a 2L (8 cup) ovenproof dish. Bake for 30 minutes or until the mixture is piping hot in the centre.

3 Divide mixture between serving bowls. Sprinkle with the reserved almonds and blueberries. Serve.

Nutrition info

PER SERVE 1170kJ, **protein** 8g, **total fat** 12g (sat. fat 2g), **carbs** 32g, **fibre** 8g, **sodium** 140mg • **Carb exchanges** 2 • **GI estimate** low ■

sweet SURRENDER

Offer up a warming dessert by using what's in season and turning up the heat

Baked apples and raspberries with quinoa almond crumble
Recipe, page 75

Little lemon self-saucing pudding pots
Recipe, page 76

How our food works for you
see page 79

BAKED APPLES AND RASPBERRIES WITH QUINOA ALMOND CRUMBLE

PREP 15 MINS **COOK** 45 MINS
SERVES 2 (AS AN OCCASIONAL DESSERT)

- **2 (150g each) pink lady apples, unpeeled**
- **50g raspberries**
- **1 tsp finely grated lemon zest**
- **2 tsp raw sugar**

CRUMBLE TOPPING

- **1 Tbsp quinoa flakes**
- **2 tsp white spelt flour**
- **1 Tbsp coarsely chopped roasted almonds**
- **½ tsp low-GI cane sugar**
- **1 tsp light margarine**
- **Pinch ground cinnamon**
- **60g (¼ cup) diet vanilla yoghurt or no-added-sugar vanilla ice-cream, to serve (optional)**

1 Preheat oven to 160°C (fan-forced). Line a baking tray with baking paper.

2 To make the crumble topping, place all the ingredients in a small bowl. Using your fingertips rub the mixture together until combined.

3 Core the unpeeled apples about three-quarters of the way down from stem end, making the hole 4cm in diameter. Use a small sharp knife to score around the centre of each apple. Make a small deep cut in the base of each apple.

4 Toss the raspberries, lemon zest and sugar in a small bowl. Pack the berry mixture firmly into the apples. Sprinkle over the crumble topping. Place the apples on the lined tray. Bake for 45 minutes or until the apples are just tender.

COOK'S TIP Use your favourite variety of apple; we used pink lady as they have a sweet flavour that marries well with the raspberries. If you don't have an apple corer, you can use a melon baller to remove the apple core.

Nutrition info

PER SERVE 941kJ, **protein** 6g, **total fat** 4g (sat. fat 1g), **carbs** 36g, **fibre** 8g, **sodium** 45mg • **Carb exchanges** 2½ • **GI estimate** low

◆◆◆

GF

ROASTED PEARS WITH CINNAMON LABNE

PREP 10 MINS (+ CHILLING) **COOK** 45 MINS **SERVES** 2 (AS AN OCCASIONAL DESSERT)

- **130g (½ cup) reduced-fat Greek yoghurt**
- **1 herbal lemon tea bag**
- **250ml (1 cup) boiling water**
- **2 strips lemon zest**
- **1 tsp honey**
- **2 small (180g each) firm pears, peeled, halved, cored**
- **¼ tsp ground cinnamon**
- **2 tsp chopped roasted hazelnuts**

1 Line a sieve or colander with a piece of muslin and place over a large bowl. Spoon the yoghurt into the muslin. Cover with plastic wrap. Place in the fridge overnight to drain; discarding any liquid.

2 Preheat oven to 200°C (fan-forced).

3 Combine the tea bag, boiling water, lemon zest and half the honey in a small bowl. Set aside for 5 minutes. Drain; discarding the tea bag.

4 Place the pears in a medium baking dish and pour over the tea mixture. Transfer to the oven and roast for 45 minutes, turning every 15 minutes, or until the pears are tender.

5 Combine the yoghurt, cinnamon and remaining honey in a small bowl.

6 Serve the pears with the yoghurt mixture. Drizzle with any cooking liquid and sprinkle with the hazelnuts.

COOK'S TIPS

- ■ Start this recipe a day ahead of serving.
- ■ Use a melon baller to core the pears.
- ■ You can use bought labne in this recipe if you are time poor. Just be aware the nutritional count will change; make sure you check the label for the sodium and fat content.

Nutrition info

PER SERVE 845kJ, **protein** 6g, **total fat** 3g (sat. fat 1g), **carbs** 28g, **fibre** 7g, **sodium** 79mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

LITTLE LEMON SELF-SAUCING PUDDING POTS

PREP 10 MINS **COOK** 15 MINS
SERVES 6 (AS AN OCCASIONAL DESSERT)

75g (1/3 cup) caster sugar
2 x 60g eggs
80g (½ cup) wholemeal self-raising flour
1 tsp finely grated lemon zest
2 Tbsp fresh lemon juice
1 Tbsp small mint leaves
6 small scoops no-added-sugar vanilla ice-cream or diet vanilla yoghurt

LEMON SAUCE
80ml (1/3 cup) boiling water
2 Tbsp caster sugar
1½ Tbsp fresh lemon juice

CANDIED LEMON ZEST
1 Tbsp lemon zest strips
3 tsp caster sugar
60ml (¼ cup) water

1 Preheat oven to 180°C (fan-forced). Spray six 125ml (½ cup) ramekins with cooking spray. Place the ramekins in a small roasting pan.

2 Use electric beaters to beat the sugar and eggs in a small bowl until thick and creamy. Add the flour, grated lemon zest and juice. Use a large metal spoon to fold in until just combined. Spoon the mixture into the dishes.

3 Make the lemon sauce; combine all the ingredients in a heatproof jug.

4 Pour enough boiling water into the roasting pan to come halfway up the sides of the ramekins. Bake the puddings for 15 minutes or until a skewer inserted into the centre comes out clean and the cake springs back when pressed lightly.

5 Meanwhile, make the candied lemon zest; place all the ingredients in a small saucepan. Bring to the boil over high heat. Reduce heat to medium and simmer for 10 minutes or until the mixture is thick and syrupy.

6 Top the pudding pots with candied lemon zest and mint. Serve immediately with the ice-cream or yoghurt.

COOK'S TIP The pudding pots are best made close to serving, as they absorb all the sauce if left to sit.

Nutrition info

PER SERVE 769kJ, **protein** 5g, **total fat** 3g (sat. fat 1g), **carbs** 31g, **fibre** 4g, **sodium** 132mg • **Carb exchanges** 2 • **GI estimate** medium

* * *

GF

RHUBARB AND VANILLA BAKED CUSTARD

PREP 10 MINS **COOK** 45 MINS
SERVES 2 (AS AN OCCASIONAL DESSERT)

250g (4 stems) trimmed rhubarb, coarsely chopped
2 Tbsp caster sugar or granulated sugar subsitute
1 vanilla bean, halved lengthways
2 x 60g eggs
250ml (1 cup) low-fat milk
Pinch ground nutmeg

1 Preheat oven to 220°C (fan-forced). Line a large baking tray with baking paper. Grease two 375ml (1½ cup) ovenproof dishes with light margarine.

2 Toss the rhubarb and 2 teaspoons of the sugar on the baking tray. Roast for 15 minutes or until the rhubarb is tender. Mash the rhubarb with a fork. Divide the rhubarb between the ovenproof dishes. Reduce oven temperature to 160°C (fan-forced).

3 Use a small sharp knife to remove the seeds from the vanilla bean, scraping into a bowl. Add the eggs and remaining sugar to the bowl and whisk to combine. Bring the milk almost (but don't let it) to the boil in a small saucepan. Whisk the hot milk into the egg mixture. Gently pour the custard mixture through a fine strainer over the rhubarb in the dishes. Sprinkle each with a little nutmeg.

4 Place the dishes in a medium baking dish. Pour enough boiling water into the dish to come halfway up side of the dishes. Bake for 30 minutes or until the custard is just set. Serve.

Nutrition info

PER SERVE 967kJ, **protein** 14g, **total fat** 7g (sat. fat 3g), **carbs** 26g, **fibre** 3g, **sodium** 159mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten free**

(with granulated sugar substitute)
PER SERVE 729kJ, **protein** 14g, **total fat** 7g (sat. fat 3g), **carbs** 11g, **fibre** 3g, **sodium** 160mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA, JAMES MOFFATT; STYLISTS OLIVIA BLACKMORE, KATE BROWN
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Cook's Tip

The rhubarb can be made up to 3 days in advance. Keep, covered, in the fridge. Place the empty vanilla pod in a jar, then cover it with caster sugar to make your own vanilla sugar.

BERRY & APPLE CRUMBLE WITH CUSTARD APPLE 'CUSTARD'

PREP 10 MINS **COOK** 30 MINS
SERVES 4 (AS A DESSERT)

30g (⅓ cup) rolled oats
20g (¼ cup) flaked almonds
10g light margarine
1½ Tbsp brown sugar
1 tsp water
300g (2) Granny Smith apples
1½ tsp vanilla bean paste
60ml (¼ cup) water, extra
250g strawberries, washed, halved

CUSTARD APPLE 'CUSTARD'
1 medium (150g) custard apple

1 Preheat oven to 170°C (fan-forced). Line a small oven tray with baking paper.

2 Put the oats, almonds, margarine, 1 tablespoon of the sugar and the 1 teaspoon of water in a bowl. Use electric beaters to beat until combined. Tip the mixture into the tray, spreading out roughly to form clumps. Bake for 10 minutes or until light golden and crunchy.

3 Meanwhile, to make custard apple 'custard'. Half the custard apple and discard all the seeds, being careful not to discard any flesh. Process the flesh in a small food processor until smooth. Cover, placing the plastic wrap directly on the surface of the puree.

4 Peel, core and coarsely dice the apple. Place the apple, vanilla extract, extra water and remaining sugar in a medium saucepan over high heat. Cook, stirring, for 2 minutes or until the water comes to the boil. Add the strawberries and stir to combine. Cook for a further 8 minutes or until the apple is soft and the liquid is reduced by a third.

5 Divide the apple mixture between four heatproof 185ml (¾ cup) ramekins or serving bowls. Top each with a quarter of the crumble mixture. Serve each with a quarter of the custard apple 'custard'.

TIP Custard apples are a sub-tropical fruit with a pale green knobbly skin, a sweet creamy white flesh and brown seeds. Remove the seeds and eat the flesh when soft.

Nutrition info

PER SERVE 695kJ, **protein** 3g, **total fat** 5g (sat. fat 1g), **carbs** 25g, **fibre** 5g, **sodium** 14mg • **Carb exchanges** 1½ • **GI estimate** low ■

Cook's Tip

Here the pureed custard apple replaces regular custard to great effect, without all the kilojoules.

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Ricotta & spinach triangles
Recipe, page 37

Nutrition info
PER SERVE 1060kJ, **protein** 14g, **total fat** 6g (sat. fat 2g), **carbs** 31g, **fibre** 7g, **sodium** 415mg • **Carb exchanges** 2 • **GI estimate** medium

Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names
We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute
Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

Optional ingredients
Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

Lower-carb option
When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■

PHOTOGRAPHY BRETT STEVENS

CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

	To maintain your weight*	To lose weight*
Kilojoules	8700kJ	6000kJ
Protein	80g	65g
Total fat	70g	45g
Saturated fat	24g	15g
Carbs	270g	180g
Fibre	30g	30g
Sodium	Less than 2000mg	Less than 2000mg

** These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.*

Cook, eat, enjoy

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

Kitchen Tips

Cooking fresh beetroot is something that is often put in the too hard or too messy basket, but it's really neither. Grab yourself a bunch or two and give it a try!

My favourite way to cook them is roasting. No need to peel, simply scrub (you can use baby beets or large beets – just cut the wedges according to the size of the other vegies you are cooking) then trim off the tops and roots, leaving the base of the top as this stops the colour bleeding out. Cut into wedges and then toss in olive oil and season with pepper. Throw them into a roasting tin with your other favourite vegies (I love to cook with brussels sprouts, zucchini and corn cut into small pieces), making sure all the vegies are in a single layer, this helps them cook and brown evenly. If they'r too crowded they tend to steam rather than roast. Cook at 210°C (fan-forced) until tender. Serve with grilled, roasted or chargrilled protein of your choice and some steamed broccolini.

Beetroot is an excellent source of nitrates which has been shown to help lower blood pressure. They also contain a good mix of folate, fibre and antioxidants. Canned beetroots tend to retain most nutrients at a similar level to fresh beetroot, but are generally considerably higher in sodium.

décor cook
Refillable
oilsprayer
For all oil types
For light and healthy cooking

SECOND DESSERT

Place 100g (½ cup) **canned pie apple** in a bowl. Sprinkle with a handful of frozen **raspberries** and spoon over 2 Tbsp **light custard**. Sprinkle over 1 Tbsp **untoasted muesli**. Serves 1.

PER SERVE 667kJ, **protein** 4g, **total fat** 2g (sat. fat 0g), **carbs** 26g, **fibre** 8g, **sodium** 28mg • **Carb exchanges** 1½ • **GI estimate** low

PRODUCT REVIEW

Décor Cook Refillable Oil Sprayer is a great way to limit the amount of oil you use and has an easy spray action with no aerosol gases and is BPA free. You simply fill it with your favourite oil and then refill once it's empty. It produces a superfine light mist allowing you to apply a thin even coat of oil. Perfect for barbecuing, dressing salads, frying, grilling and roasting. RRP $12.00. Available at Woolworths, Coles and Spotlight.

JOHN WEST
PROTEIN+
CALCIUM
RICH TUNA
SPRINGWATER

SUPERMARKET CRUSH

The new John West Protein+ Calcium Rich Tuna is a great option for those looking to boost their calcium intake. The product incorporates UniQTMBONE, a calcium-rich powder that is made from tuna bones, has no detectable flavour and delivers a range of nutrients for bone health. Each 90g serve provides more than double the calcium of 1 cup of milk. Available in Coles and independent supermarkets.

RECIPES IMMEDIATE MEDIA; PHOTOGRAPHY GETTY IMAGES
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

WARMING WINTER LUNCHES

MUSHROOM, CHEESE & BROCCOLINI SCRAMBLED EGGS

Cook 100g sliced **mushrooms** of your choice with ½ bunch chopped **broccolini** and 1 clove **crushed garlic** in 1 teaspoon **olive oil** in a medium non-stick frying pan. Whisk 2 **eggs** and 2 Tbsp **reduced-fat milk**. Add to the pan and cook, stirring often, or until the eggs are just set. Season with **pepper** and stir through chopped **fresh herbs**. Serves 1.

PER SERVE 1120kJ, **protein** 22g, **total fat** 16g (sat. fat 4g), **carbs** 5g, **fibre** 5g, **sodium** 221mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free** • **Lower carb**

◆

CHICKEN, PESTO, TOMATO & BOCCONCINI TOASTIE

Spread 1½ tsp bought **pesto** or **gluten-free pesto** over 1 slice **high fibre low gi white bread** or **gluten-free bread**. Top with a handful of **spinach leaves**, 1 small sliced **tomato** and 3 torn **baby bocconcini**. Top with a second slice of bread. Cook in a sandwich press. Halve and serve. Serves 1.

PER SERVE 1550kJ, **protein** 16g, **total fat** 16g (sat. fat 8g), **carbs** 38g, **fibre** 5g, **sodium** 357mg • **Carb exchanges** 21/2 • **GI estimate** low • **Gluten-free option**

◆

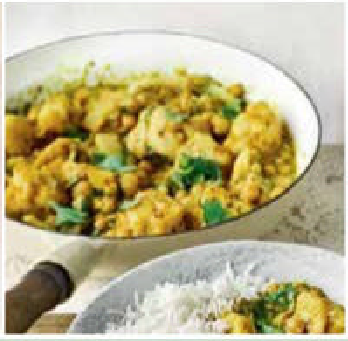
WINTER CHICKEN & BEAN SALAD

Toss 1 x 125g **four bean mix**, drained, 60g shredded **cooked skinless chicken breast**, 1 **orange**, segmented, 1 cup **rocket leaves** and ½ small **red capsicum**. Warm 1 tsp **extra virgin olive oil**, ¼ tsp **Dijon mustard** or **gluten-free mustard**, juice of half a **lime**, a pinch of **sugar** and a little **orange zest**. Season with **pepper** and add to the salad. Toss to combine. Serves 1.

PER SERVE 1290kJ, **protein** 26g, **total fat** 9g (sat. fat 2g), **carbs** 28g, **fibre** 13g, **sodium** 294mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option** • **Lower carb** ■

Plan your week,

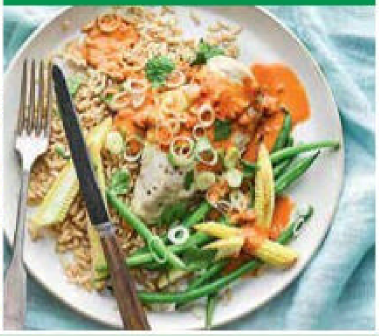
Wondering what to eat this week? Try these delicious meal ideas



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H₂O	Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	Blueberry & almond oat bake (p 71)	2 Weet-Bix with ½ sliced banana & skim milk	Cocoa & cherry oat bake (p 70)	2 slices rye toast topped with ⅓ small avocado & sliced tomato
Optional snack	1 piece fresh fruit	2 Vita-Weats with 20g reduced fat cheddar	1 piece fresh fruit	175g tub diet yoghurt with 1 small fruit
Lunch	Ricotta & spinach triangles (p 38)	Chicken, pesto, tomato & bocconcini toastie (p 81)	Curried cauliflower soup (p 48)	Mushroom, cheese & broccolini scrambled eggs (p 81)
Optional snack	1 cup carrot/celery sticks with 2 Tbsp hummus	1 piece fresh fruit	30g unsalted nuts	1 cup chopped fruit salad
Dinner	Hot and sour prawn & chicken soup (p 47) ***Pictured above***	Pesto salmon & beans (p 16) ***Pictured above***	Chickpea & cauliflower curry (p 17) ***Pictured above***	Little beef & mushroom pies (p 17) ***Pictured above***
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	½ cup warm berries with ½ cup low fat vanilla yoghurt	Berry & apple crumble with custard apple 'custard' (p 78)	60 second dessert (p 81)	1 cup skim milk with 1 tsp milo
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

WORDS SHANNON LAVERY (DIETITIAN); PHOTOGRAPHY IMMEDIATE MEDIA, GETTY IMAGES

it's easy!

THURSDAY	FRIDAY	SATURDAY
		
depending on your exercise levels.		
¾ cup low fat vanilla yoghurt topped with ½ cup warm mixed berries & 20g walnuts	1 slice rye toast topped with handful rocket, sliced tomato & 2 poached eggs	Blackberry & oat apple bake (p 70)
2 Vita-Weats with 20g reduced fat cheddar	1 piece fresh fruit	Green smoothie (p 38)
Carrot & lentil soup with caraway toasts (p 44)	Winter chicken & bean salad (p 81)	Creamy, cauliflower, leek & bean soup (p 41)
30g unsalted nuts	1 cup carrot/celery sticks with 2 Tbsp hummus	1 cup chopped fruit salad
Roast chicken traybake (p 18) ***Pictured above***	Spicy peanut butter chicken breast (p 19) ***Pictured above***	Moroccan Lamb Stew (p 34) ***Pictured above***
have a couple of alcohol-free days a week.		
Berry & apple crumble with custard apple 'custard' (p 78)	60 second dessert (p 81)	Roasted pears with cinnamon labne (p 75)
Always discuss your exercise plans with your doctor first.		

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.

OLIVE OIL FACTS

Olive oil is typically associated with heart health for its high monounsaturated fat content. But not all olive oils are created equally. We have broken down a few quick facts to help you understand the differences and make the best choice for your health.

Light Olive Oil

Do not be mistaken, this is not implying light in fat! Rather it is referring to its light flavour and colour. This is a refined oil, produced using heat which unfortunately destructs some of the desirable nutrients found in olives.

Pure/Classic/Original Olive Oil

Also a heat-produced refined oil, but of slightly better quality than light olive oils.

Extra-Virgin Olive Oil (EVOO)

The king of oils! The richest in colour and flavour, and also the highest in health benefits. EVOO is an unrefined oil, that is made from cold-pressed olives which helps to retain the high phytonutrient, antioxidant and micronutrient content. EVOO is a central component of the Mediterranean-style diet which has been suggested to be associated with the prevention of some chronic diseases such as diabetes, stroke, cardiovascular disease and some cancers. ■

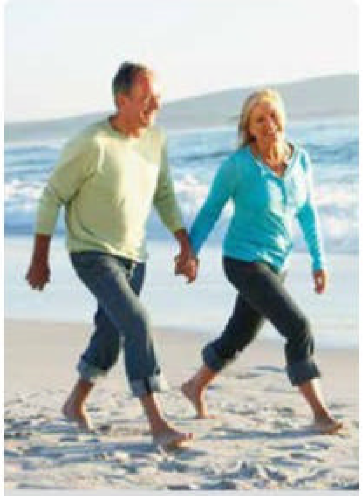
“Boost your energy and wellbeing”

Plus help your immunity, muscles, bones and weight

Good nutrition makes a huge difference to how you manage your diabetes. It boosts your energy and improves your wellbeing. It helps your immune system, muscles, bones and weight. Good nutrition also helps your blood sugar, cholesterol and blood pressure levels.

An Australia dietician developed the versatile, low GI BodyCare Nutrition™ Revitalise. It’s a delicious, very low calorie multivitamin health shake. Revitalise contains protein, essential amino acids and prebiotic fibre. It also has a low glycemic load.

Boosting your energy If you’re feeling run-down, Revitalise gives you sustained energy, to keep you going all day long. It contains vitamins B1, B2 and B3. These contribute to normal energy metabolism. Plus folate and vitamins B2 and B3 assist in reducing tiredness and fatigue.



Live the active life you love!

Strengthens your Immune system

Revitalise’s prebiotic fibre feeds the good bacteria in your gut, strengthening your immune system. Revitalise contains Vitamins A and C, Folic Acid, Iron and Zinc for your immune system.

Muscle function and performance

Good nutrition is vital in falls prevention, as weakness can result from a loss of muscle mass and strength. Revitalise’s protein helps the growth and maintenance of your muscles. Calcium and Magnesium are necessary for normal muscle function.

Bone health Calcium and Vitamin D enhance bone mineral density. Protein assists with the maintenance of normal bones.

Weight loss and weight management made easy

Carrying excess weight can change the way your body reacts to Insulin. At only 140 calories per serve, Revitalise makes it easy for you to better manage your weight and lose weight. Revitalise’s healthier carbohydrates break down slower. This results in suppressing hunger and reducing cravings. This also reduces insulin load and insulin resistance.

Reducing Insulin levels The combination of Low GI and healthy levels of protein and fibre means Revitalise stops you from snacking. Plus, the soluble fibre in Revitalise reduces carbohydrate absorption, which in turn reduces blood glucose and insulin levels.

Revitalise helps you to lose weight and keep it off, when part of a healthy eating diet and exercise. Because **Revitalise is not a meal replacement** it’s perfect to drink as a snack or with a light, healthy meal like a salad or a banana. Revitalise also helps stop cravings and makes you feel full. After drinking Revitalise, you may find you eat a smaller main meal because you won’t feel as hungry. By following this approach, you can expect to cut back on added sugar, lose weight and increase your energy levels.

Revitalise is available in delicious vanilla, chocolate and coffee flavours. At only RRP $34.95, Revitalise gives you 14 serves (2 weeks).

Free delivery for online orders

Can’t get to the chemist? Revitalise is available online from bodycarenutrition.com.au. Insert Coupon Code **goodhealth2021** into the shopping cart for **free delivery.** Offer expires 11/9/21. BodyCare Nutrition™ Revitalise.

APPROVED
LOW GI+GL
BodyCare Nutrition
Revitalise
Uplifting Health Shake
Vanilla

Made in Australia

Queensland

- **Brassall**, Brassall Pharmacy
- **Buderim**, Buderim Pharmacy
- **Caloundra**, Direct Chemist Outlet
- **Cannonvale**, LiveLife Pharmacy
- **Charters Towers**, Griffiths Chemmart Pharmacy, Gill St
- **Chermside**, Direct Chemist Outlet
- **Darra**, Direct Chemist Outlet (Monier)
- **Eumundi**, Eumundi Village Pharmacy
- **Gladstone**, GP Discount Pharmacy
- **Hervey Bay**, (Pialba), Friendlies Pharmacy
- **Hervey Bay**, (Pialba), Direct Chemist Outlet Discount Pharmacy
- **Karalee**, Karalee Chempro Chemist
- **Mapleton**, Mapleton Pharmacy
- **Marsden**, Marsden Clinic Day & Night Pharmacy
- **Murgon**, Amcal Pharmacy
- **Pelican Waters**, Pelican Waters Pharmacy
- **Redbank**, Priceline, Redbank Plaza
- **Riverview**, Riverview Chemist
- **Springwood**, Chatswood Hills Chempro Chemist
- **Toowoomba,** Southtown Pharmacy Centenary Heights
- **Toowoomba,** Terry White Toowoomba Medical, James St
- **Yandina**, Sunshine Coast Compounding Pharmacy
- **Yeppoon,** LiveLife Pharmacy Yeppoon Central

New South Wales

- **Albion Park Rail**, Good Price Pharmacy
- **Alstonville**, Main Street Pharmacy
- **Austral**, Pharmacist Advice
- **Austral**, West Hoxton Pharmacy
- **Bargo**, Pharmasave Bargo Discount Pharmacy
- **Bateau Bay**, Bateau Bay Road Chemist
- **Bathurst**, Moodies Pharmacy, Howick Street
- **Birrong**, Birrong Pharmacy, Auburn Rd
- **Blacktown**, McGills Pharmasave Pharmacy
- **Bradbury**, Bradbury Village Pharmacy
- **Bundanoon**, Bundanoon Pharmacy
- **Campbelltown**, Priceline Pharmacy, Macarthur Square S/C
- **Campbelltown**, Seftons Pharmacy
- **Campsie**, Bassams Pharmacy
- **Campsie**, Georges Pharmacy
- **Cecil Hills**, Penna’s Pharmacy
- **Cessnock**, The Chemist, Vincent St
- **Chipping Norton**, Little Tree Pharmacy
- **Cooranbong**, Cooranbong Pharmacy & Compounding
- **Drummoyne**, Destros Pharmacy
- **Dubbo (East)**, Orana Mall Pharmacy, Orana Mall
- **Dundas**, Springfield Pharmacy
- **Edensor Park**, Pennas Pharmacy
- **Erina**, HealthSAVE Chemist, Erina Fair
- **Figtree**, Figtree Plaza Chemist
- **Forbes**, Flannery’s Pharmacy
- **Forbes**, Life Pharmacy, Bernardi’s Market Place
- **Glendale**, Chemistworks, Stockland Super Centre
- **Glendenning**, Medicines R Us Chemist
- **Glenmore Park**, Mediadvice, Town Centre
- **Goulburn**, Priceline, Centro
- **Greenacre**, Your Discount Chemist
- **Green Valley**, Penna’s Pharmacy
- **Gregory Hills**, Medicines R Us Chemist
- **Hammondville**, Hammondville Discount Pharmacy
- **Hassall Grove**, Medicines R Us Chemist
- **Jamisontown**, Medicines R Us Chemist
- **Kingsford**, Pharmacy@UNSW
- **Kotara**, Scott Dibben Pharmacy
- **Laurieton**, Your Discount Chemist
- **Lethbridge Park**, HealthSAVE Lethbridge Park Pharmacy
- **Leumeah**, Leumeah Pharmacy
- **Liverpool**, Priceline Pharmacy, Westfield
- **Liverpool**, Penna’s Pharmacy
- **Maitland (East)**, Your Discount Chemist
- **Manly Vale**, Pharmacist Advice
- **Marsden Park**, Medicines R Us Chemist
- **Miller**, Pharmasave Miller Discount Pharmacy
- **Mittagong**, Capital Chemist
- **Mount Druitt**, Mount Druitt Pharmacy
- **Mullumbimby**, Mullum Chemsave Pharmacy
- **Murrumbateman**, Murrumbateman Pharmacy
- **Narrabeen**, Narrabeen Pharmacy
- **Newcastle West**, Doc’s Mega Save Chemist, Marketown East S/C
- **Oran Park**, Priceline Pharmacy, Oran Park S/C
- **Orange**, McCarthy’s Pharmacy, Lords Pl
- **Padstow**, Smiths MediAdvice Pharmacy
- **Panania**, Panania Pharmacy
- **Parramatta**, Priceline, Westfield
- **Penrith**, Penrith 24 Hour Pharmacy (438 High St)
- **Penrith**, Priceline, High St
- **Penrith (South)**, Priceline, Southlands
- **Port Macquarie**, Your Discount Chemist
- **Prestons**, Penna’s Pharmacy
- **Prospect**, Myrtle Street Pharmacy
- **Quakers Hill**, Quakers Hill Discount Chemist
- **Ramsgate Beach**, Eddies Pharmacy
- **Rouse Hill**, Cincotta Chemist, Rouse Hill Town Ctr
- **Ryde (West)**, PharmaSave, Victoria Rd
- **Salamander Bay**, Amcal Plus Pharmacy
- **Seven Hills**, Better Health Pharmacy, Shop 70, Seven Hills Plaza
- **Seven Hills**, Priceline, Shop 48, Seven Hills Plaza
- **Shortland**, My Community Pharmacy
- **St Clair**, Priceline, St Clair S/C
- **St Ives,** O’Loughlin’s Medical Pharmacy
- **St Marys**, Easy Script, Queen St
- **Tamworth**, Blooms, Peel St
- **Tamworth**, The Centre Pharmacy, Northgate S/C
- **Taree**, Your Discount Chemist
- **Thornleigh**, Discount Drug Store
- **Toukley**, Hopes Pharmacy
- **Ulladulla**, Beachside Capital Chemist
- **Urunga**, The Urunga Pharmacy
- **Wattle Grove**, Wattle Grove Village Discount Pharmacy
- **Wetherill Park**, Chemistworks, Stockland
- **Windang**, Windang Pharmacy & Compounding
- **Wyee**, Wyee Centre Pharmacy
- **Yass**, My Pharmacy, Laidlaw St

ACT

- **Conder**, Lanyon Pharmacy, Lanyon Market Place
- **Kaleen**, Caremore Pharmacy, Kaleen Plaza
- **Wanniassa**, Erindale Pharmacy, Erindale S/C
- **Weston**, Cooleman Court Pharmacy

Victoria

- **Ballarat**, Crawfords Pharmacy
- **Bayswater**, Direct Chemist Outlet
- **Brandon Park**, NOVA Pharmacy, Brandon Park S/C
- **Broadmeadows**, Greater Discount Chemist
- **Broadmeadows**, Hume City Pharmacy
- **Brunswick West**, Moreland Discount Chemist
- **Caroline Springs**, Direct Chemist Outlet (Westsprings)
- **Carrum Downs**, NOVA Pharmacy
- **Clayton**, Vicky Melissas Pharmacy
- **Coburg (North)**, Direct Chemist Outlet
- **Deer Park**, Deer Park Pharmacy, Ballarat Rd
- **Deer Park**, Direct Chemist Outlet, Brimbank S/C
- **Diamond Creek**, Diamond Creek Pharmacy
- **Doncaster East**, Tom Lane Pharmacy The Pines
- **Frankston**, 89 Young Street
- **Frankston**, NOVA Pharmacy
- **Frankston**, Pharmacy Neo Towerhill
- **Gladstone Park**, Direct Chemist Outlet
- **Greensborough**, Tom Lane Pharmacy
- **Hampton Park**, NOVA Pharmacy
- **Keilor East**, Lincolnville Pharmacy
- **Langwarrin**, Direct Chemist Outlet, Gateway Shopping Village
- **Lavington**, Terry White Chemmart Mayo’s Northend
- **Malvern**, Pharmacy Neo, Malvern Central
- **Mooroolbark**, Mooroolbark Village Pharmacy
- **Mulgrave**, Terry White Chemmart Valewood Pharmacy
- **Noble Park**, Discount Chemist
- **Noble Park**, PharmaSave Noble Park Pharmacy
- **Northcote**, Discount Chemist
- **Northcote**, Soul Pattinson Pharmacy
- **Paynesville**, Paynesville Pharmacy
- **Plenty**, Eco+Life Pharmacy
- **Port Fairy**, Pharmacy Neo Port Fair
- **Ringwood**, Pharmacy Now
- **Rosebud**, Direct Chemist Outlet
- **Strathmore**, Kirschner’s Pharmacy
- **Tarneit West**, Direct Chemist Outlet
- **Thornbury**, Steve Kolliou CareMore Pharmacy
- **Wallan**, Direct Chemist Outlet
- **Warrnambool**, Direct Chemist Outlet, Target Warrnambool
- **Waverley Gardens**, NOVA Pharmacy, Waverley Gardens S/C
- **Werribee**, Direct Chemist Outlet Werribee Central
- **Woodend**, Woodend Pharmacy

South Australia

- **Port Lincoln**, Priceline, Porter St

Western Australia

- **Exmouth**, Exmouth Pharmacy
- **Landsdale**, Landsdale Compounding Pharmacy
- **Mandurah**, Mandurah Central Pharmacy
- **Ocean Reef**, Ocean Reef Pharmacy
- **Stratton Park**, Stratton Park Pharmacy
- **Success**, Cockburn Super Clinic Pharmacy

Northern Territory

- **Coolalinga**, Better Health Pharmacy

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www.bodycarenutrition.com.au

BodyCare Nutrition’s™ Revitalise is a formulated supplementary food, which can be of assistance when dietary intakes of energy and nutrients are inadequate. © Copyright 2021.

living well

MOTIVATION ✦ EXPERT ADVICE ✦ INSPIRATION

A grandparent is a little bit parent, a little bit teacher and a little bit best friend

PHOTOGRAPHY GETTY IMAGES

An estimated 2 in 3 Australian adults and 25% of children and adolescents are now overweight and obese. It's perhaps not surprising, then, that research by IBISWorld estimates that Australians spent almost $477 million on weight loss services in 2020. Despite this, our waistlines continue to increase and, while many people initially lose weight following a particular diet or weight loss program, most struggle to maintain these changes and keep the weight off in the long term.

If your goal is long-term weight management, forget fad diets and instead follow these steps to lose weight and keep it off for good.

THE KEY TO LONG-TERM WEIGHT LOSS

Any 'diet' that reduces energy intake leads to weight loss. The key is keeping the weight off for the long term. Dietitian and diabetes educator Dr Kate Marsh explains how to achieve long-term weight loss success.

STEP 1 Find an eating plan you can stick to

The first step in both losing weight and keeping it off is to find an eating plan you can stick to for the long term. In fact, this is more important than the type of 'diet' you follow.

Despite all the claims and conflicting information, there is no evidence that one diet leads to more weight loss than another. For example, a large study comparing four different diets, from Atkins (very low carb and high fat) to Ornish (vegetarian, low fat and high carb) found that weight loss was similar on all four diets. What predicted success was cutting kilojoules and being able to stick to the diet. Similarly, a 12-month study comparing a low-fat with a low-carbohydrate diet in people with type 2 diabetes showed a similar weight loss and improvement in blood glucose levels in both groups. Even when participants were allocated healthy low-fat or low-carbohydrate diets based on certain genetics and baseline insulin levels (factors the researchers thought might predict which diet the participants were more successful on), there was no difference in weight loss between the different diets. Instead, several studies have found that it's how *well* someone adheres to a particular diet, rather than the diet itself, that's the best predictor of weight loss.

This tells us there are different ways to achieve the same result – it's not one size fits all. And if you want to not only lose weight but also keep it off, the key is to find an eating plan you can adopt for the long term.

LOSING
BETWEEN
5%
AND 10 PER CENT OF YOUR WEIGHT CAN HAVE SIGNIFICANT HEALTH BENEFITS

STEP 2 Set realistic goals

Goal-setting can help when you are trying to lose weight or make lifestyle changes, but it's important that your goals are realistic, as having unrealistic goals has been associated with higher rates of dropout in weight-loss studies. And remember that losing just 5-10% of your weight can have significant health benefits. Also, consider setting behavioural goals (such as the number of times you exercise or the number of meals you prepare at home each week), as these are things you have direct control over, rather than numbers on the scale.

STEP 3 Build the habits that count

Several countries have set up weight registries, where researchers are studying people who have successfully maintained a substantial weight loss, to look at the characteristics and strategies that have helped these individuals to experience long-term weight-loss success. The largest of these is the National Weight Control Registry (NWCR) in the US. Research from registry participants has found that the following habits help people to lose weight and maintain their weight loss in the long term by:

▶ Reducing energy intake by reducing portion sizes and limiting intake of energy-dense foods, such as those high in fat and added sugars, and often consuming a lower fat intake. While a low- fat diet isn't the only way to lose weight, gram-for-gram, fat provides more than double the energy of carbs and protein, so it is easier to add up the kilojoules quickly with high-fat foods.

▶ Focusing on healthy food choices, including eating more fibre-rich fruits, vegetables and wholegrains and fewer processed and fast foods, which are often high in fat, sugar and/or salt.

▶ Increasing physical activity. Exercise not only burns kilojoules, but also helps to build muscle, which increases your metabolism. Successful NWCR members reported doing at least 200 minutes per week (that's 30 minutes per day) of moderate-intensity exercise, such as a brisk walk. Incorporating more activity into daily life (such as walking instead of driving, taking public transport and taking the stairs rather than elevators) were also a habit reported by many of the registry participants.

▶ Reducing screen time. There is increasing evidence of the problems caused by sedentary behaviours, particularly television watching, for our health and our weight, including an increased risk of type 2 diabetes. In the US NWCR, the majority of participants reported watching less than 10 hours of television per week. In several studies, television watching is associated with weight regain.

▶ Being consistent across the week and year. This doesn't mean you can't fit in treats and indulge a little on special occasions, but dieting strictly during the week and letting it all go on the weekends or holidays is unlikely to lead to long-term success.

ALMOST

80

PER CENT OF SUCCESSFUL LOSERS REPORTED EATING BREAKFAST DAILY.

▶ Setting goals and regularly self-monitoring – for example, food intake and weight. This doesn't mean being obsessive, but for many people, monitoring your progress can help to keep you on track.

▶ Eating more home-cooked meals rather than eating out or buying takeaway meals. It's much easier to make healthy food choices and keep your portion sizes in check when you are preparing your own food.

▶ Eating breakfast consistently, which may help to reduce hunger and overeating later in the day. In the NWCR, almost 80% of successful losers reported eating breakfast daily.

▶ Managing non-hungry eating. Those who successfully lose weight and keep it off report rarely overeating because of internal (such as emotional) or external (such as the availability of palatable foods) factors. Practise mindful eating and try to eat only when you are hungry, rather than for other reasons.

PHOTOGRAPHY GETTY IMAGES, ADOBE STOCK.

STEP 4

Get support

Losing weight isn't easy, so having support is important. Among successful weight-loss registry participants, many got help from health professionals (such as a dietitian or their doctor) and weight-loss programs. Support from family and friends was also important.

In summary

Successful long-term weight loss isn't about going on a diet, losing your weight and going back to your old habits. The only way to lose weight permanently is to build new eating, exercise and behavioural habits you can stick to in the long term. And the combination of these three factors is most likely to lead to success. ■

THE US NATIONAL WEIGHT CONTROL REGISTRY (NWCR)

The registry, based in the USA, aims to identify and investigate the characteristics of individuals who have succeeded in long-term weight loss. It tracks more than 5,000 Americans who have lost significant amounts of weight (ranging from 13.6 to 136kgs) and kept it off for long periods of time (a minimum of one year; but one participant has maintained their weight loss for 66 years!). The average registry participant has lost 30kgs and kept it off for five and a half years. Participants in the NWCR are evaluated with questionnaires and annual follow-up surveys to examine the behavioural and psychological characteristics that have helped them to lose and maintain their weight loss.

MAKE YOUR MOVE

Australian scientists are tracking the best way people with type 2 can stand up to their condition by sitting less and moving more to see big benefits in their health

The research team from Melbourne's Baker Heart and Diabetes Research Institute has shown that interrupting sitting with short, simple activity breaks – like getting those leg muscles moving – can help with blood-glucose control and insulin levels.

Other evidence from the team also points to benefits for vascular health, including more effective functioning of the blood vessels and improved blood flow to the brain. And a study of more than 40,000 people showed short activity breaks can benefit mental wellbeing, too.

"Higher levels of sedentary behaviour are linked with increased risk of type 2 diabetes and also significantly impact effective management of the condition," says

the institute's physical activity researcher Dr Ashleigh Homer.

"Our muscles act like large sponges in the body. When they are squeezed during movement they absorb lots of different nutrients and metabolites to help keep them working. One of those metabolites is blood glucose.

"When we sit, the large muscle groups in our legs and trunk have less opportunity to move, which means less glucose is soaked up by the sponge. The result is higher levels of circulating glucose in the bloodstream.

"In addition, this lack of movement slows down our blood flow, leaving our blood vessels susceptible to plaque buildup – dangerous fatty deposits that can collect in our arteries and lead to common diabetes complications such as a heart attack or stroke.

"These factors are why sitting for extended periods is a bad idea for everyone, but particularly for those with diabetes."

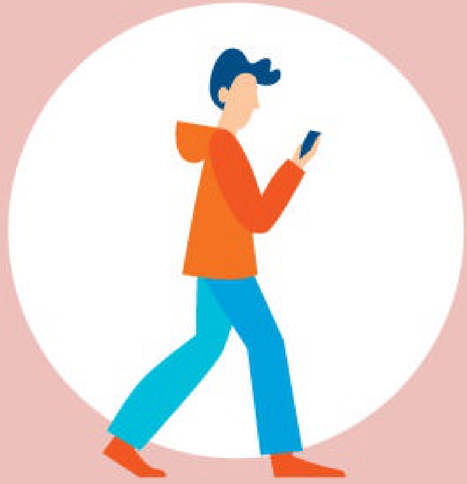
MOVING RIGHT ALONG

The average Australian adult sits for a whopping nine hours each day. But the good news for those of us who have a desk job, or enjoy a night on the couch, is that interrupting sitting time doesn't require hard exercise to bring big health benefits.

"Just two or three minutes of moving at any intensity is enough to lower your blood glucose and increase your blood flow," says Dr Homer.

"That might be getting up for a walk around the office between meetings, or doing a few simple calf raises, squats and stretches before you start the next episode of your favourite TV show."

The World Health Organisation's (WHO's) new 2020 physical activity



TOP TIPS TO QUIT THE SIT

For those looking to sit less and move more, Dr Homer recommends identifying the 'danger zones' when you spend a lot of time sitting, then thinking of ways to inject bouts of activity.

On the commute

▶ Park further away or get off public transport a stop early and walk the rest of the way.

▶ Stand while taking public transport and listen to a podcast or audiobook.

At work

▶ Take regular breaks away from your desk.

▶ Schedule walking meetings.

▶ Stand or move while taking phone calls.

At home

▶ Use TV commercial breaks or the end of an episode as a reminder to get up and move around.

▶ Set yourself a daily step goal and check in after dinner to see your progress.

▶ Get active while ticking off your to-do list – take the dog for a walk, or do the ironing while watching TV.

guidelines emphasise that 'Every Move Counts' when it comes to maintaining good health. This needn't just be structured exercise like sport or a gym class, it can be any way of moving your body in a way that feels good to you.

For the first time, the WHO's global guidelines have also been updated to include recommendations for reducing sedentary time, and there are specific recommendations for people with chronic conditions such as type 2 diabetes.

While some of us may be able to get 30 minutes of regular moderate-intensity exercise (equivalent to a brisk walk) into our day, Dr Homer says the new guidelines reflect that for others it may be simpler to start with more frequent but shorter and gentler bouts of activity, then gradually build from there.

"Any movement is important and beneficial for health. Some is always better than none, and more is better," she says. ■

Study tests science in office workers

The Baker Institute is recruiting Melbourne desk-based workers with type 2 diabetes to track how reducing and breaking up sitting time helps with their glycaemic control.

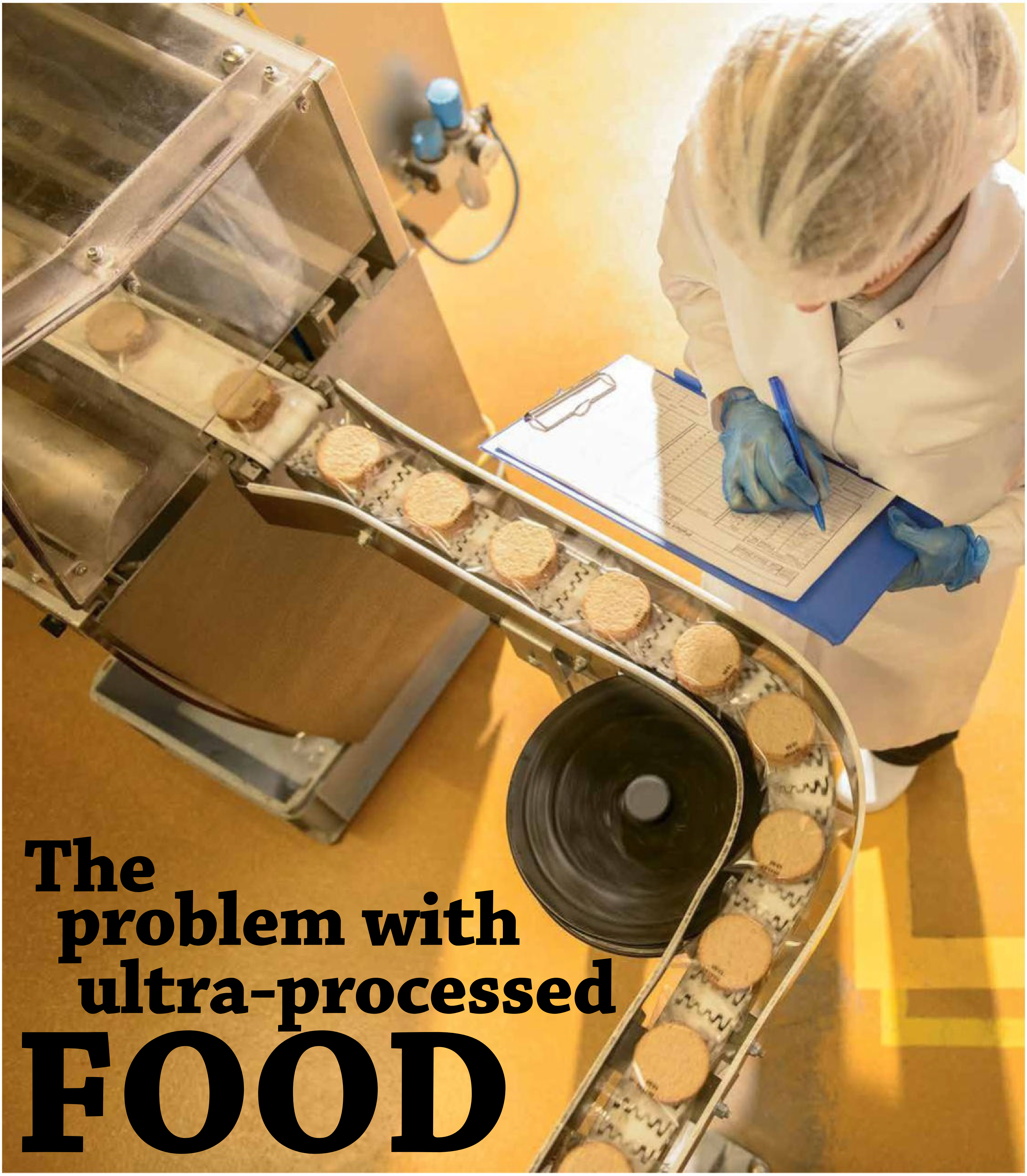
The 18-month intervention portion of the trial involves health-coaching, use of a complimentary sit-stand workstation and a physical activity app.

"Type 2 diabetes prevalence is particularly high among middle-aged and older workers. But for those who've returned to the office after a significant period working from home during the pandemic, it's a great time to reset with healthy habits," Dr Homer says.

"The waves of lockdown saw many Melbournians' sedentary time skyrocket and that's particularly concerning for those with chronic conditions like type 2 diabetes. We hope the results from this study will show a clear avenue to tackle type 2 diabetes."

Melbourne office workers interested in finding out more about getting involved can visit *https://baker.edu.au/optimise*

WORDS: DR ASHLEIGH HOMER; IMAGES: GETTY IMAGES



The problem with ultra-processed FOOD

The average Australian consumes more than 40% of their total energy intake from ultra-processed foods, and 60% of packaged foods in our supermarkets are considered ultra-processed. What exactly are these foods and what impact do they have on our health and weight? *DL* dietitian Dr Kate Marsh explains

What are they?

Processing of food isn't a problem in itself. In fact, most of the foods we eat are processed in some way before we eat them. Techniques such as heating, pasteurising, canning and drying are all forms of processing, which can help to make foods safe, edible and more suitable for storage. Examples include canned legumes, frozen vegetables, pasteurised milk, canned fish and even freshly made bread.

But the ultra-processing of food is different. Ultra-processed foods are defined as formulations of food substances (ingredients you wouldn't typically find in your home kitchen), often combined with additives designed to make the food palatable, and typically created by a series of industrial techniques and processes. They are designed to be convenient, hyper-palatable and highly profitable due to their low-cost ingredients and long shelf life.

What is the impact of ultra-processed foods on our health?

The research is clear – higher intakes of ultra-processed foods have been associated with an increased risk of:

- type 2 diabetes
- cardiovascular disease (both heart disease and stroke)
- dying from cardiovascular disease
- cancer, including breast cancer
- depression
- frailty
- irritable bowel syndrome
- asthma in children and adolescents
- cardiovascular risk factors in children and adolescents
- dying from all causes

On the other hand, diets high in unprocessed or minimally processed foods have been associated with several health benefits.

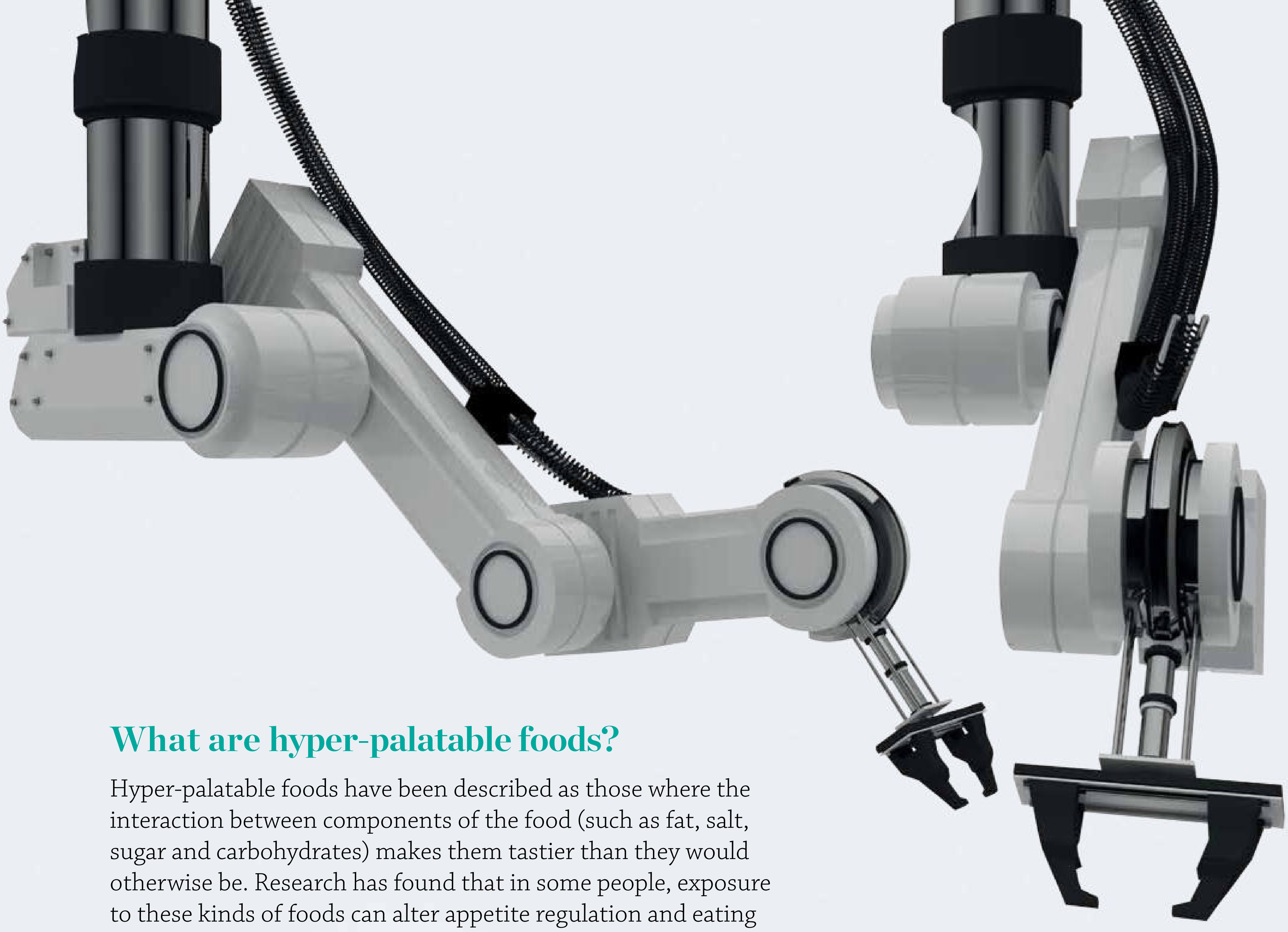
A study of more than 12,000 Australians aged two years and over found that not only are we consuming more ultra-processed than unprocessed and minimally processed foods (42% of the former, 35% of the latter), but that higher intake of ultra-processed foods was associated with higher intakes of nutrients linked to chronic-disease risk (including free sugars, trans and saturated fats, and sodium) and lower intakes of beneficial nutrients (such as fibre and potassium).

How is weight affected?

Eating more ultra-processed foods is also associated with body mass index, overweight and obesity, abdominal obesity (carrying weight around the middle) and weight gain. This is not surprising, as ultra-processed foods have been shown to promote overconsumption, due to their palatability and convenience, often combined with marketing practices aimed at promoting purchasing and consumption. In the Australian study mentioned above, a higher intake of ultra-processed foods was associated with a higher dietary energy density. Foods with a high energy density have a large amount of kilojoules in a small amount of food and, not surprisingly, eating a more energy-dense diet is more likely to lead to weight gain.

How to reduce your ultra-processed foods

Avoiding ultra-processed foods doesn't mean you need to grow all your own food or cook everything from scratch. It does mean being more selective in the supermarket and taking a closer look at the ingredient list on the label, rather than believing all the health claims or only looking at the nutrition panel. According to research from The George Institute for Global Health, 60% of packaged foods in Australian supermarkets are ultra-processed and more than half are considered discretionary (foods not necessary for a healthy diet, which are high in saturated fat and/or added sugars, added salt or alcohol and low in fibre). This means that more than half of supermarket offerings are best left on the shelf. So start by filling up most of your trolley with foods that don't require a nutrition label, such as fresh fruits and vegetables. Then stick to foods with a minimal number of ingredients and ingredients that you recognise as food. And follow the advice of author, Michael Pollan: "Don't eat anything your great-great-great grandmother wouldn't recognise as food," or put more simply, "Eat foods, not food products."



What are hyper-palatable foods?

Hyper-palatable foods have been described as those where the interaction between components of the food (such as fat, salt, sugar and carbohydrates) makes them tastier than they would otherwise be. Research has found that in some people, exposure to these kinds of foods can alter appetite regulation and eating behaviour, leading to overeating and weight gain.

MINIMALLY PROCESSED	PARTLY PROCESSED	ULTRA PROCESSED
Potato	Mashed potato	Potato chips
Corn on the cob	Canned corn	Corn chips
Fresh fish	Canned fish in brine	Fish fingers
Apple	Canned apple in syrup	Apple pie
Lentils	Canned lentils in brine	Lentil chips
Raw nuts	Roasted salted nuts	Nut bar

HOW TO RECOGNISE ULTRA-PROCESSED FOODS

In 2010, a group of researchers from Brazil developed a new food classification system to help better distinguish between different types of food processing. The NOVA food classification system divides foods into four groups, defined according to the extent and purpose of food processing:

GROUP 1

Unprocessed and minimally processed foods

This includes whole foods such as plant foods (fruits, vegetables, legumes, wholegrains), meat, fish, eggs, milk and whole foods extracted directly from nature or minimally processed by methods such as drying, crushing, grinding roasting, pasteurising, freezing and vacuum-packaging.

GROUP 2

Processed culinary ingredients

This includes ingredients like fats (oils, butter and lard), sugar, vinegar and salt, which are rarely eaten alone but are used to season/cook other foods. They may contain additives used as preservatives (including oils with added antioxidants and salt with added antihumectants).

GROUP 3

Processed foods

This includes canned/bottled vegetables preserved in brine, whole fruit preserved in syrup, tinned fish preserved in oil, some processed animal foods, including processed meats, smoked fish, and most fresh breads and simple cheeses.

GROUP 4

Ultra-processed foods

This group includes foods that have frequently been through many processing steps and which commonly contain colourings, flavours, emulsifiers and other additives, which are often added to make products palatable or hyper-palatable.
Examples include soft drinks, many packaged snacks and confectionery; mass-produced breads and baked goods; margarine and other spreads; sweetened breakfast cereals; prepared frozen meals, chicken nuggets, fish fingers, sausages and burgers; instant soups, instant noodles, sauces, packaged desserts, energy bars, baby formula and meal replacements. ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL PHOTOGRAPHY GETTY IMAGES, ADOBE STOCK. ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

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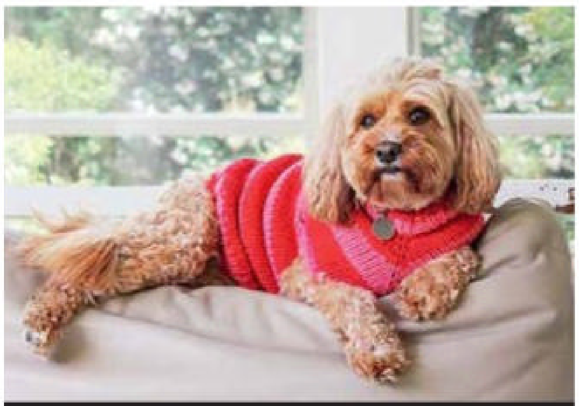

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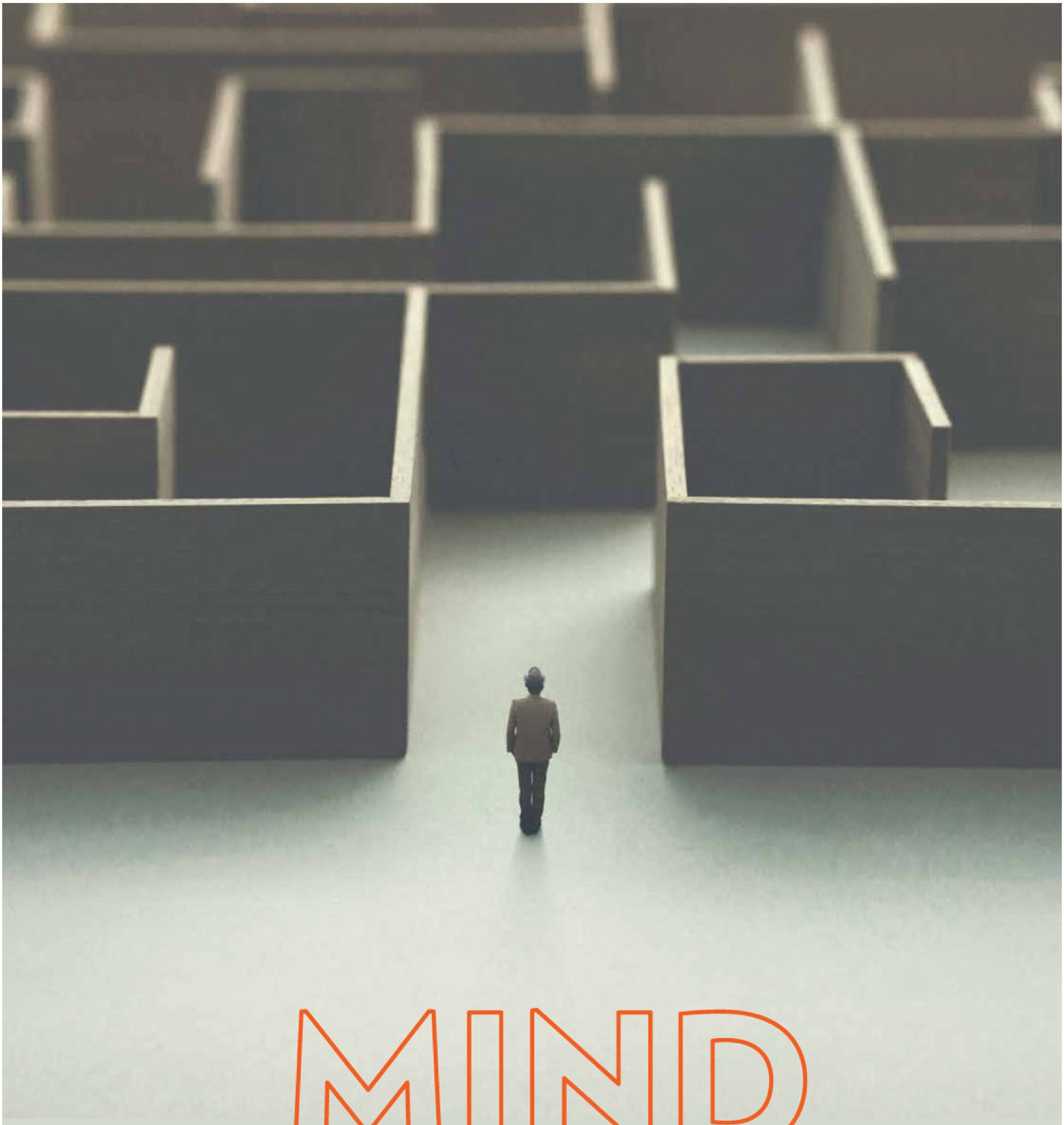
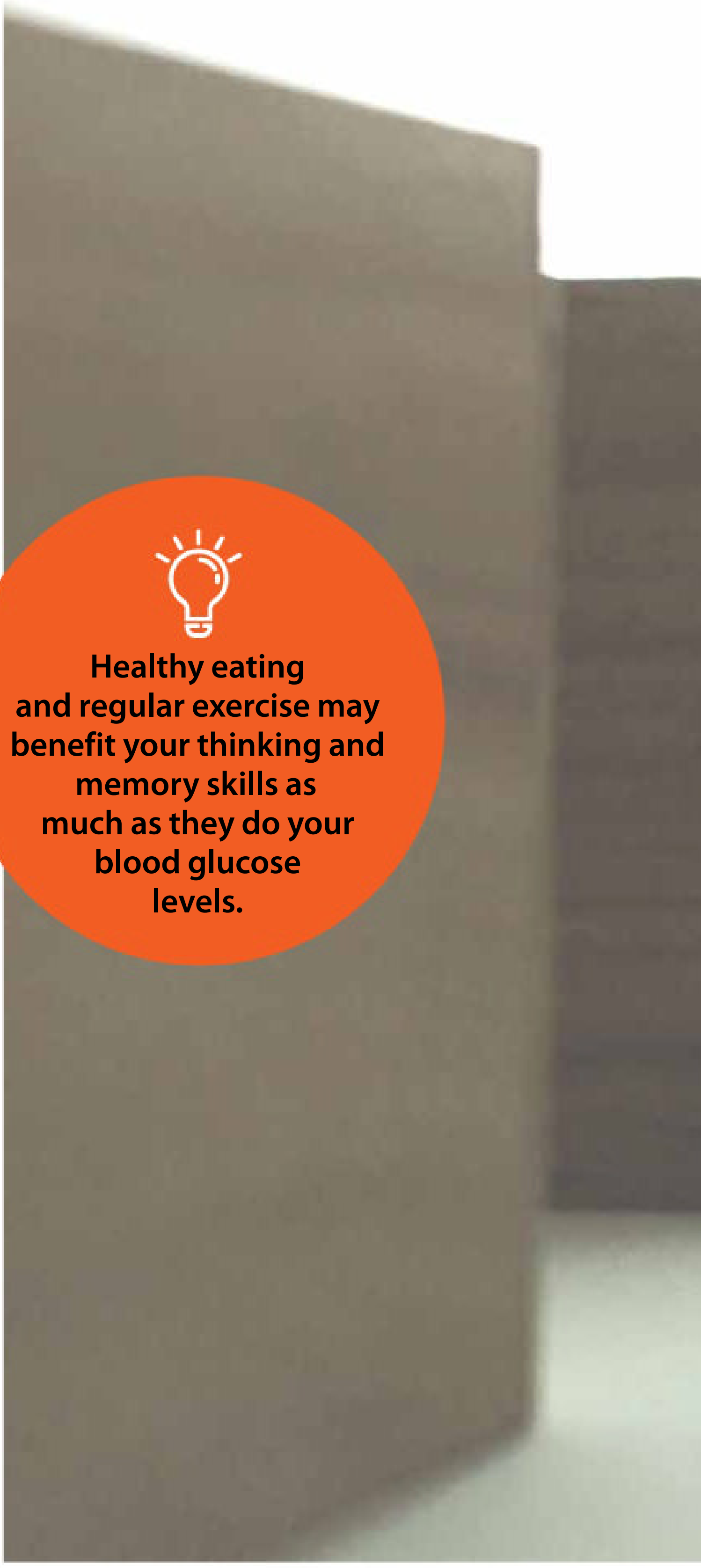


MIND MATTERS

Diabetes may be affecting much more than your blood sugar—perhaps even your thoughts

Are there times when your mind isn’t quite working the way it should? Everyone misplaces car keys now and again—that’s normal. Researchers are curious about how diabetes may be linked to the development of serious mind matters, such as cognitive decline and forms of vascular dementia, such as Alzheimer’s disease. The relationship between diabetes and cognitive changes is not clear. Blood glucose management, however, may help reduce the risks of losing memory and thinking skills.



Healthy eating and regular exercise may benefit your thinking and memory skills as much as they do your blood glucose levels.

VASCULAR ISSUES

Measuring the links between cognitive problems and diabetes is challenging because it can be difficult to untangle over time the effects of high and low blood glucose levels, high blood pressure, and other risk factors, such as obesity, that often are present, especially in people with type 2 diabetes. These can contribute to blood vessel damage in the brain, which can affect cognition.

HYPOGLYCEMIA

In addition to the role of vascular issues on cognition, hypoglycemia (low blood glucose) raises concerns. Does severe low blood glucose (requiring the help of others), particularly in children or the elderly, cause cognitive problems?

In the immediate term, severe hypoglycemia can cause short-term cognitive impairment, such as slowed ability to accurately subtract numbers. But over time the effects seem to do no long-term damage. A look at adolescents in the Diabetes Control and Complications Trial found that “despite relatively high rates of severe hypoglycemia, cognitive function did not decline over an extended period of time in the youngest cohort of patients with type 1 diabetes,” says Gail Musen, Ph.D., an investigator at the Joslin Diabetes Centre in Boston.

A LACK OF EVIDENCE

Not everyone is convinced that the correlation between diabetes and cognitive decline is strong. Many applicable studies don’t follow patients for decades, so they have to rely on assumptions of later outcomes. Gerald Bernstein, M.D., director of the Diabetes Management Program at the Friedman Diabetes Institute at Beth Israel Medical Centre in New York, has seen longer-term effects.

Because of the strides in medication and therapy for glucose control, Bernstein has a decent sample size of patients whom he has been able to watch over the years. This leads him to say that the cognitive relation to diabetes is overrated and, in some cases, may be unfounded. “I talk to people whom I saw 20 years ago and they’ve had diabetes for 30 to 40 years,” he says. “Their cognition is fine for all practical purposes. There are data where people have done technical cognition studies, which has nothing to do with real living.

“The controls for these studies have not been efficient because you can have altered cognition due to obesity and lack of physical exercise,” he says.

PROTECTING YOURSELF

If cognitive decline turns out to be strongly related to diabetes, one of the most important ways to protect yourself is to reach and maintain your targets for blood glucose, blood pressure, blood lipids (cholesterol), and weight—the factors you can work to manage.

That provides some protection against factors beyond your control.

WORDS ERIC BUTTERMAN. PHOTOGRAPHY GETTY IMAGES

Lisa Barnes, Ph.D., an associate professor at the Rush Alzheimer's Disease Centre in Chicago and a cognitive neuropsychologist, looked at one such factor: race. Type 2 diabetes is twice as common in Black people than in white people. She coauthoured a 1,437-person study that looked at the effects of race and the possible diabetes-cognition connection. The results showed no significant difference between races and cognition.

Other findings, Barnes says, are possible diabetes connections to Alzheimer's, vascular factors, and higher BMI as predicted factors. It's also possible that diabetes relates to a pathology of Alzheimer's. "If it turns out to be vascular, then changes such as exercising much more, better eating habits, or ceasing smoking could be a major difference," she says. "If it's the pathology, then we could use similar diabetes drugs to slow the progressing of Alzheimer's."

Bonnie Whitehead, Ph.D., who has investigated cognitive function and type 2 diabetes at the University of Alberta in Canada also sees these possible causations as incentives to take care of yourself. "We know that chronic inflammation is associated with type 2, and obesity is characterised by chronic levels of inflammation," she says. "You also have to look at obesity and inflammation possibly playing a

MAINTAINING AWARENESS

People shouldn't overreact at the slightest bit of forgetfulness—those with diabetes have enough on their plate without creating unnecessary fears about the future. The goal of these findings is to educate, not to scare. "This cognition problem probably won't just come out of nowhere," Barnes says.

Maintaining awareness of your memory and thinking skills is an important self-care behaviour. Where in the past you might ignore lacking lucidity, now it's something to share with your doctor. In addition, put people close to you on alert. They may notice something that you don't because it's hard to observe our own changes over time.

Studies that combine two diseases, such as diabetes and Alzheimer's, might find further clues to fighting both. "It becomes possible that Alzheimer's medication could suddenly become relative to diabetes patients or could even become the right prescription," Barnes says. ■

THE WHOLE PANTRY OF LIES

In this fascinating book extract, Dr Brad McKay, an Australian GP and science communicator, explores the extraordinary rise and fall of cancer 'survivor' Belle Gibson

We're suckers for a classic fairy tale. We love to cheer on the underdog and clap for the beautiful maiden when she perseveres against all odds to rise triumphantly from the ashes. Belle Gibson's life story was one of those fairy tales we desperately wanted to believe was true. She fought the dark forces of brain cancer with organic food and a few cheeky coffee enemas, but instead of rising like a phoenix from the ashes, this beautiful maiden turned into the villain of her own story.

Belle's fairy tale began in 2009 when she was in her late teens – the prime of your life, when you feel like anything is possible. But Belle received some terrible news. She was diagnosed with metastatic cancer, with tumours identified in her brain, liver, kidneys, spleen and uterus. Her prognosis obviously wasn't great and she was given four months to live.

When you're diagnosed with cancer, it's a race against time. Medical staff are keen to act quickly to either stop the cancer before it has time to spread further, or to give you the best quality of life for the time you have left.

Belle did what most people would do when they are diagnosed with cancer. She diligently followed her doctor's advice and attended the oncology unit to commence chemotherapy and radiotherapy sessions. These are generally unpleasant, involve plenty of time away from home and come with side effects – so it's not uncommon for people to seek alternative cancer treatments that are less intense. Unfortunately, less intense cancer treatments are frequently fatal.

Belle pursued medical treatment for a couple of months on the oncology ward, but eventually found it was too much to handle. Risking everything, she swapped modern medicine for what she saw to be a more holistic approach and embarked on a quest to treat her cancer naturally by educating herself online.

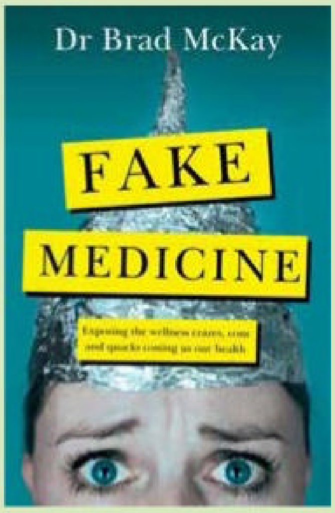
She researched alternative cancer therapies and created her own combined treatment regimen of superfoods, vitamins and natural medicine. She embraced a vegetarian diet, which included organic food and excluded gluten and sugar. She practised meditation and relaxation strategies, underwent oxygen therapy (breathing high concentrations of oxygen) and regularly evacuated her bowel with enemas made of coffee.

Belle found her own natural treatment regimen seemed to be working well. She was not only surviving cancer, but thriving. She had proven her doctors wrong and her story provided inspiration and hope for others surviving cancer across Australia and throughout the world.

She shared her journey over Instagram and rapidly became Insta-famous for beating brain cancer through healthy eating. She motivated thousands of people to optimise their own health by following her simple daily routine, and she eventually leveraged this popularity to launch her very own wellness app, The Whole Pantry, in 2013 – four years after her diagnosis.

The Whole Pantry app enabled Belle to share recipes, lifestyle advice and her success story with the world. Supported by Apple, it was downloaded more than 200,000 times in the first month of release.

Her story was profiled in *The Australian Women's Weekly*, *Cosmopolitan*, *Mamamia*, *marie claire* and *Elle* magazine. ➤



Fake Medicine: Exposing the wellness crazes, cons and quacks costing us our health, *by Brad McKay, Hachette Australia, RRP $32.99. Copyright © 2021.*

Belle negotiated a book deal with Penguin Random House and The Whole Pantry was to be launched as one of the preferred apps on Apple's brand new smart watch.

It was a triumph that she had lived for so many years after having been told she only had a few months to live. How did she do it? Had the doctors been wrong? Was the secret to beating cancer just a healthy diet all along? Would other patients be able to keep their cancer at bay by following her advice too? Why use chemotherapy and radiotherapy if all you need to do is eat cleanly?

> Belle modelled herself as a shining example of someone who had it all worked out... she was selling hope

Belle modelled herself as a shining example of someone who had it all worked out. Defeating cancer was as easy as eating The Whole Pantry, and if she could do it, you could too. Her app didn't just contain recipes; she was selling hope. I wish the fairy tale ended here, where Belle and her followers discover the cure for cancer is organic food and coffee enemas, and everyone lives happily ever after. But the cure for cancer doesn't come from caffeinating your bottom.

Belle's story was far from over and the first fact we need to disclose in order to unpick this fairy tale is that Belle never had cancer.

There were issues with her story from the beginning. She claimed her health problems commenced after receiving an immunisation against cervical cancer. She blamed the vaccine for giving her a stroke and then blamed the stroke for turning into brain cancer. A significant claim, which, like so much of Belle Gibson's story, would prove false.

The HPV vaccine started being given to young women in Australia from 2007 and, while it protects people from developing cancer related to the wart virus, it is not known to cause strokes.

Health professionals familiar with her story thought it was improbable, but this wasn't as obvious to the general public, who are often wired for optimism. Journalists are meant to be curious and sceptical, but they lapped it up – as did publishers, business executives and especially her fans.

Belle Gibson became front-page news in March 2015, when her miraculous story started to unravel. Sociologist Dr Stephanie Alice Baker recalls that back then, "Instagram was very much in its infancy. So even when she had 200,000 followers, that doesn't sound huge now, but it was then."

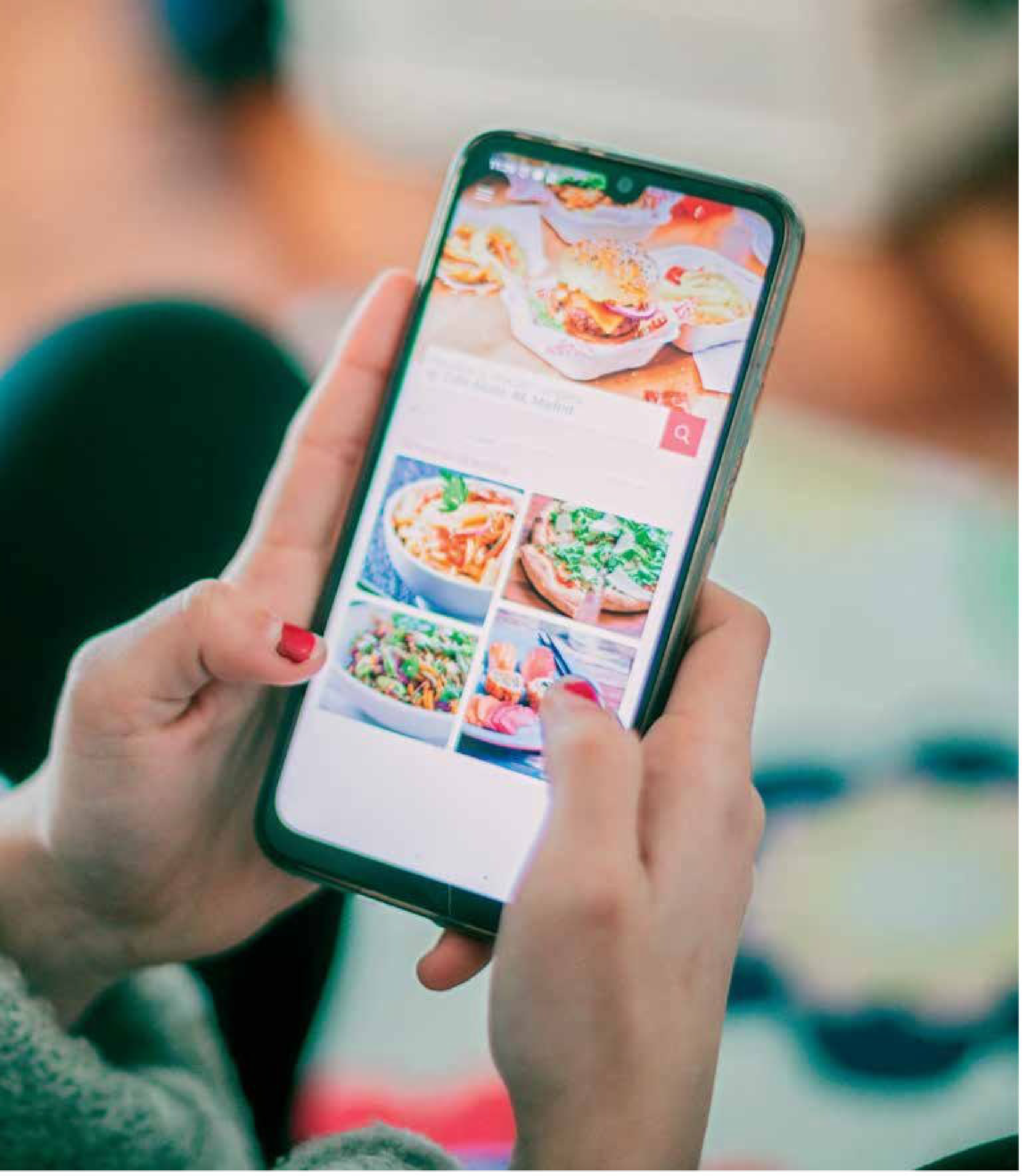
At that time, Belle was earning a significant income from selling her success story and through The Whole Pantry app. Belle promised to donate some of her profit to charity organisations; however, an investigation by Beau Donelly and Nick Toscano from *The Age* and *The Sydney Morning Herald* revealed these promised donations never showed up.

People started asking more questions. Belle defiantly posted a statement on social media reiterating her story – she had given up on conventional treatment and chosen to treat herself naturally. She claimed conventional treatment had made her cancer worse and she was now helping other people fight cancer by using natural therapies.

Her incredible tale continued to crumble, and in April 2015, Belle Gibson admitted in an interview with *The Australian Women's Weekly* that she had never actually been diagnosed with cancer by a medical doctor and that no part of her story was true. She had remained a picture of health because she wasn't dying from cancer. She had never had cancer.

Consumer Affairs Victoria took her case to the Federal Court and in 2017, she was found guilty of misleading and deceptive conduct and fined $410,000. She failed to pay any of the fine and in January 2020, her home was raided by

PHOTOGRAPHY GETTY IMAGES



Victoria's Sheriff's Office in an attempt to recoup funds.

It's difficult to know just how many people were negatively influenced by Belle Gibson's actions. We don't know how many cancer sufferers followed her advice and were devastated when they were unable to recreate her success. It's possible that very sick people delayed treatment to follow her futile regimen.

Dr Stephanie Alice Baker gave me more of an insight into how broad Belle's fanbase was at the time. "It wasn't just cancer patients," she said. "It's very easy to point the finger at them and say, 'Oh, it was just people in search of a miracle cure,' but it wasn't. The people who were invested in her narrative were people like you and me who might have an interest in health, they might be academics, they might be practitioners. A lot of people were duped, and that certainly wasn't limited to people who directly experienced cancer or knew somebody, like a loved one, who had cancer," Stephanie explained.

Belle went to great lengths to fabricate her narrative and mislead more than 200,000 followers. It's a fantastical story that seems impossible with hindsight, so why did so many people fall for it?

In an effort to understand why influencers would ignore science or reject medical advice about something as serious as cancer, Associate Professor Darren Saunders, a cancer researcher, suggests, "No doubt some are genuinely trying to help, even if misguided. Others are suffering narcissistic delusions about their own ability or insight, and others are clearly very cynically engaging in marketing and sales exercises. Some are a mix of all three."

Being diagnosed with a serious health issue can be really tough and when it happens, it's important to have plenty of support from family, friends and trusted health professionals. Medical teams need to offer treatments based on the latest scientific evidence and therapies proven to work. Procedures and medication may be unpleasant, painful or even expensive, which is why the benefits, risks and potential side effects need to be clearly explained.

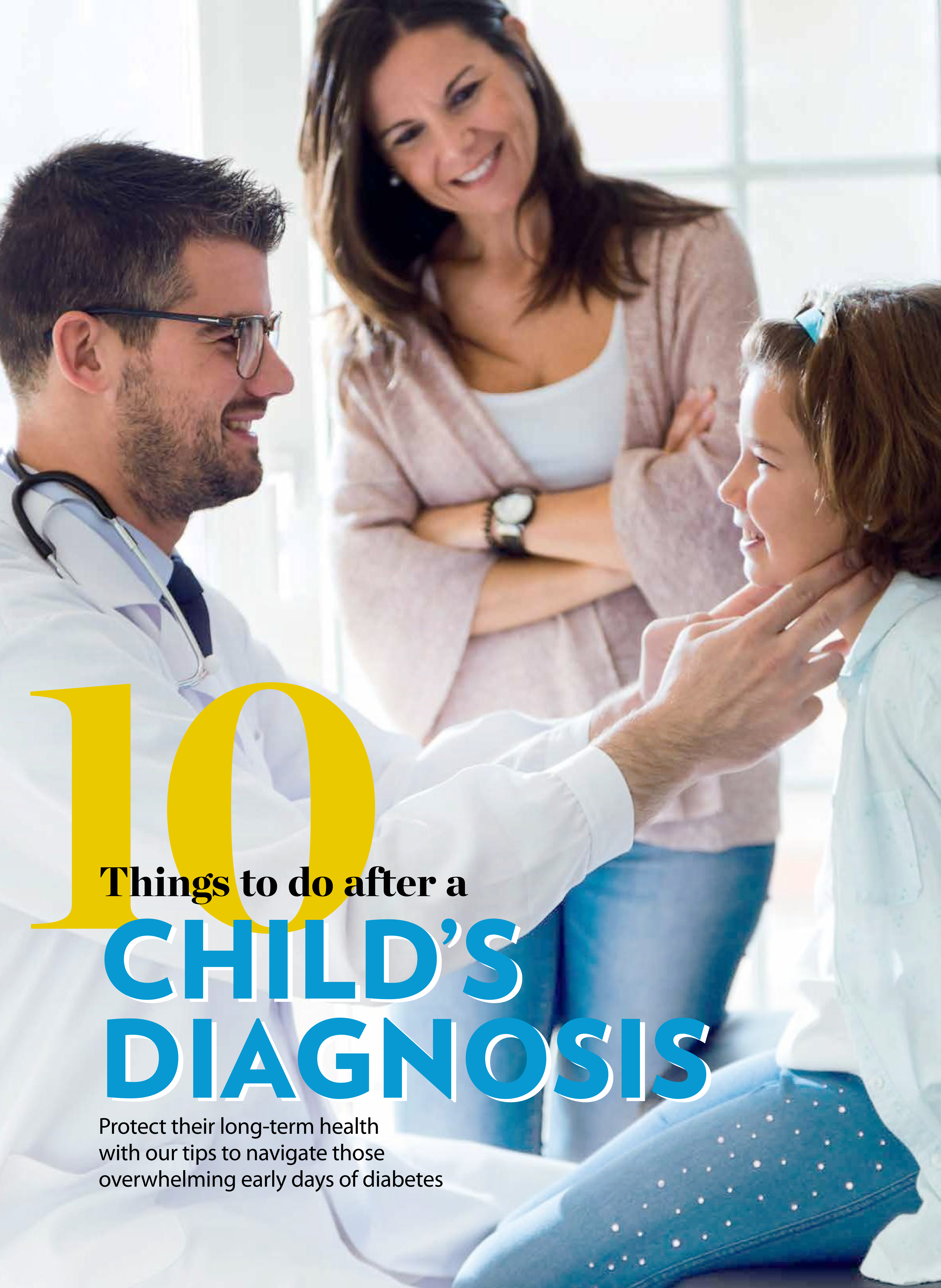
It's easy for patients to feel overwhelmed. It's tempting to let any tense moment, tearful argument or unpleasant procedure put them off medical treatment altogether, so it's essential for patients to be engaged and invested in their own health care.

> ... it's essential for patients to be engaged and invested in their own health care

Belle Gibson gave her audience the impression that she was able to leave modern medicine behind and forge a new path for herself. She offered an alternative pathway free from doctors and hospitals. Her false claims could have easily inspired others to follow her example – a decision that could be disastrous.

Health professionals are on your side. It's our job to be realistic and tell you the honest truth, and unfortunately that isn't always pleasant to hear.

The truth may sometimes be uncomfortable, but the alternative can be dangerous. ■



10 Things to do after a CHILD'S DIAGNOSIS

Protect their long-term health
with our tips to navigate those
overwhelming early days of diabetes

1

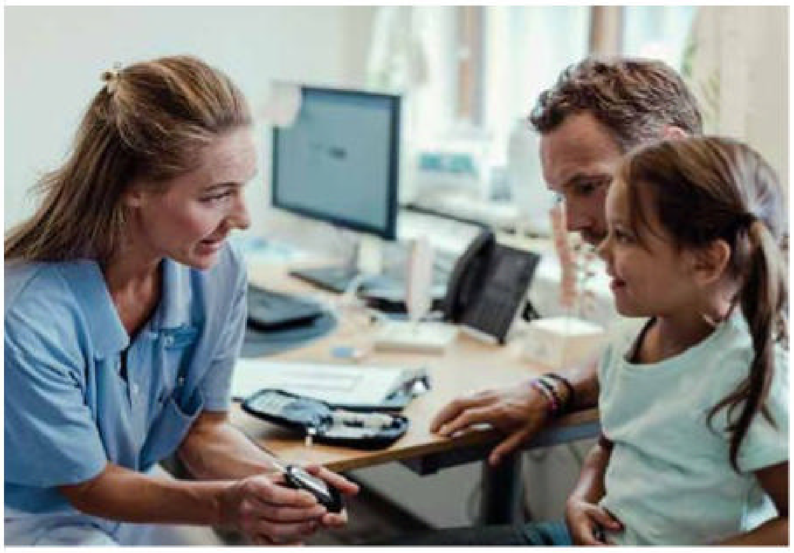
TAKE A DEEP BREATH

Day One is like "being told to jump out of a plane while someone hands you a parachute and instructions," says Karen Poteat, whose daughter has type 1 diabetes. "Read fast. Don't worry—you'll be fine." It's a lot at first, but diabetes management will become routine.

2 ASSEMBLE A CARE TEAM

A certified diabetes educator is indispensable after diagnosis, and you'll continue to work with your pediatrician, an endocrinologist, a dietitian, and an ophthalmologist. A counsellor or social worker can help the whole family adjust.

3 MAKE IT A FAMILY AFFAIR



Your child and anyone involved in their care will need to know the basics of glucose monitoring, insulin administration, carb counting, and what to do in case of an emergency. While older kids can take a more active role in their own care, little ones will rely on adults to manage their care for a while.

4

EMBRACE TECHNOLOGY

Apps can help track and record blood glucose, insulin doses, carbs, and exercise. Some sync with monitors and pumps, then send alerts when blood glucose goes out of normal range. Ask your kid's doctor or CDE for suggestions.

5

PREPARE A DIABETES KIT

Fill a travel kit with insulin and needles, a glucose meter, spare batteries, test strips and lancets, adhesive bandages, a quick-acting form of glucose, water, and contact numbers. Always keep it in the same place.

6

SPREAD THE WORD

Let everyone involved in your child's life—family, teachers, coaches, activities leaders, baby sitters—know what's going on. Informed caregivers can help keep your kiddo safe.

7 REACH OUT

Get involved with your local JDRF chapter and join online communities, like beyondtype1.org, to meet other type 1 families and stay up on the latest research.

9 BE POSITIVE

Tell the whole crew how changes to the family table will make everyone feel better. Make exercise an adventure by trying new sports or exploring places together. Find a national park in your area at parksaustralia.gov.au.

8

LOOK BEYOND

Type 1 does not define your child. Diabetes is only a part of their life. With good management, there are no limitations to what your kid can do.

10

LET THE GUILT GO

Your child's diagnosis is not your fault. There's nothing you could have done to prevent it—even if you have type 1 or another autoimmune disorder yourself. ■

PHOTOGRAPHY & ILLUSTRATIONS GETTY IMAGES, ADOBE STOCK

TICK TOCK!

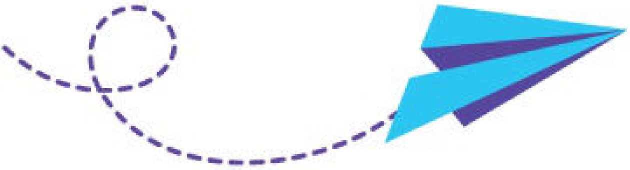
MAKING THE MOST OF YOUR BODY CLOCK

Lark or an owl? Ways you can wake up to better health

When clocks change with the end of daylight saving in large parts of the country, adjusting to the new time can prove a struggle – many of us feel we are battling a minor dose of jetlag. Sleep patterns are disrupted, we are hungry at odd times, energy levels are out of step with our daily routine and the combo can play havoc with weight and blood sugar levels.

Luckily, this all settles down in a few days, but have pity on those people whose internal timing regulator means they struggle on an everyday basis with the insistent tick of a body clock that won't be silenced.

We are talking about the larks who are ready to spring out of bed at the crack of dawn but are back in the roost the moment the evening meal is finished, and the owls who need three short blacks to help them function before 11am, but will readily keep going til the wee hours of the morning. Then there are the shift workers living night as day, those working on a rotational basis, airline pilots constantly flying across time zones.



TICK TOCK, IT'S THE BODY CLOCK

Our body clock, or circadian rhythm, oscillates over a 24 hour period with dips and rises in alertness, blood sugar levels, body temperature, blood pressure and so on. These changes are driven by hormone release signalled by the brain in response to changes in the level of light or darkness in our environment. While our drive to sleep is generally strongest between 2:00 – 4:00 am in the morning and 1:00 – 3:00pm in the afternoon, this can vary between people. Such differences are partly due to genetics, with 'early birds' primed to experience a rise in body temperature which tends to peak in the morning, whilst 'night owls' take longer to heat up, not hitting their peak until the evening. The feelings of drowsiness that can affect us at certain times are likely to be intensified if we are sleep deprived, as in the case of new parents caring for a baby.

CATCHING THE WORM?

An American type 2 diabetes study found that morning types had better blood glucose management, with a lower HbA1C. They also found early birds had smaller evening meals and were less likely to choose foods high in fat and carbohydrate. Night owls, on the other hand, were more likely to skip breakfast and indulge in a larger evening meal, with more fat and carbohydrate. They also tended to eat later, leading to higher overnight blood sugars. With elevated sugars causing you to feel thirsty and drink more, there's a likelihood of repeated overnight toilet trips adding to sleep disturbance, continuing the vicious cycle.

It is well known that sleeping badly drives cravings for carb and fat-heavy foods and research has found that missing out on shut-eye when you have diabetes – whether type 1 or 2 – tends to result in a higher HbA1C, and with this a greater risk of future health complications.

OUR CYCLE AND DIABETES

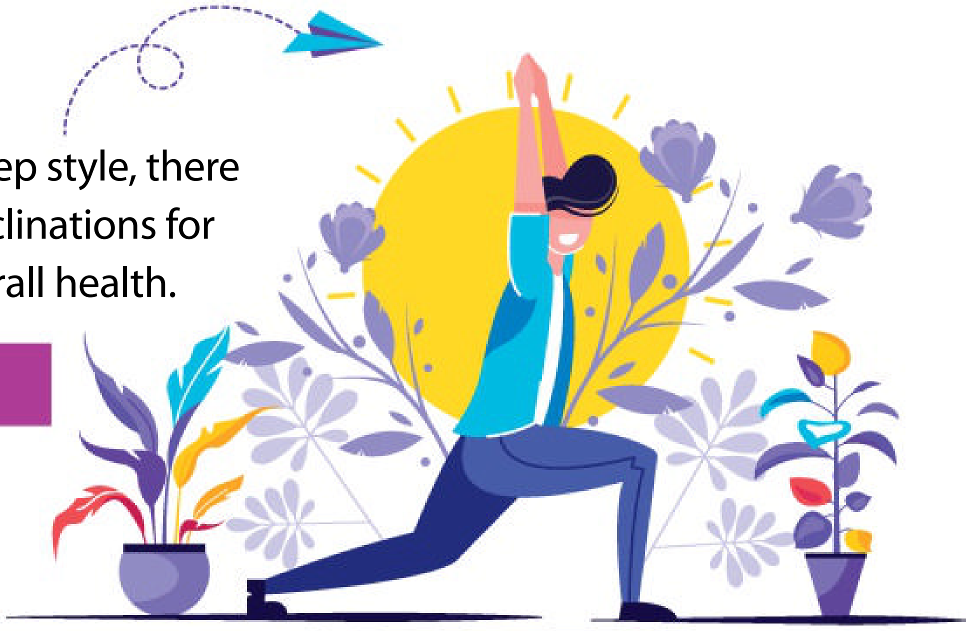
When the sun rises our exposure to light triggers the brain to send messages raising body temperature and producing hormones to wake us up. Known as the dawn phenomenon, this surge – particularly in stress hormone cortisol - causes a rise in blood sugars and also insulin resistance, providing the energy burst needed to start our day. This is a normal response that affects everyone to some extent, it is more pronounced with diabetes.

What's more, messing with our circadian rhythm can send cortisol production into overdrive – with potential health risks over time.

A study of nearly 200,000 nurses showed that shift workers have higher cortisol levels for extended periods, increasing the likelihood of problems including raised blood sugar levels, increased abdominal fat, sleep disruption and heart disease. This is not healthy for anyone, but even harder if you're managing diabetes and the impact of juggling constant changes of routine as meals, medication and activity levels change.

Melatonin also rises at night, counteracting the effects of cortisol and helping us to fall asleep. However, having lower than normal levels of melatonin has been found to boost insulin resistance, thus raising blood sugar levels. This can not only impact on diabetes control but has also be cited as a potential cause of type 2.

TEXT: LISA URQUHART, ACCREDITED PRACTISING DIETITIAN. PHOTOGRAPHY GETTY IMAGES, ADOBE STOCK



LARK OR OWL? Whichever best describes your sleep style, there are ways you can make the most of your natural inclinations for the benefit of your diabetes management and overall health.

LARK

5.30am Wake up time for the early morning riser. Plenty of time before the rest of the world catches up, so make the most of it! Hit the gym or go for a walk - bring those sugar levels down and increase your insulin sensitivity.

7am Follow that exercise up with a filling brekky, to prevent those mid-morning cravings for sweet treats. Try wholegrain toast with a poached egg and spinach for sustained, stable blood sugar levels.

11am Don't forget to drink plenty of water, so you're not playing catch-ups later on to stay hydrated. This helps avoid having to get up for the bathroom when you should be sleeping. Try adding some lemon for extra zing.

12.30pm Avoid a mid-afternoon dip in energy levels by choosing a lunch filled with sustaining proteins and carbohydrates – opt for a winning combo such as grilled chicken, brown rice and chickpea salad.

2pm Oh no, here it comes – the afternoon slump. While that biscuit jar looks mighty tempting, its contents are calorie loaded, high GI and will send your sugars spiking. Lucky you have a back up plan like veggie sticks, low-fat dip and wholegrain crackers.

6.30pm You're exhausted, looking for something quick and easy for dinner. Instead of a fat- and carbohydrate-loaded takeaway, go for the quick and easy option of whipping up a simple stir-fry with lean meat, loads of veggies and brown rice.

8.30pm Back to the perch ensure your bedroom is as dark and cool as possible. Avoid distractions like television, computers or smart phones before bed, as the blue light they emit can disturb your regular sleep patterns.

OWL

8am Oh dear, you've snoozed the alarm one too many times. No chance to sit down for breakfast. But it's important, don't skip it! Grab an apple and yoghurt for the train to keep your sugar levels constant and avoid cravings later on.

9.30 It's still too early, you need coffee to charge your batteries! Chose wisely, a large mocha can have three times the carbs of a small latte.

1pm Lunch – ok, so you didn't have breakfast and you're starving. Make sure you choose something filling but avoid hidden fats and carbs. A wholemeal tuna, salad and cheese wrap is a great choice.

6pm You're an owl, so enjoy the evening – team sports or group fitness are a great way to get active and, the commitment means no backing out.

8pm Watch your portion size, as large dinners mean your body has a lot to digest, which tends to disrupt your circadian rhythm and cause blood sugars to stay elevated for longer. Try a fill and warming chicken and lentil soup.

9pm While alcohol is a relaxant, this wears off after a few hours and may be replaced by anxiety. It can play havoc with overnight blood sugar and, as a natural diuretic, alcohol will have you going to the toilet, to so keep it down to 1-2 glasses no later than 3 hours before bed.

11pm Try and get enough sleep - most of us need 7-9 hours a night. Missing out could make you hungrier, craving fast-acting carbs and fat for energy , leading to weight gain and BGL issues.

2am Can't nod off again after a toilet trip? Try using a night light with a red instead of bright white bulb – it's a mood soother. ■

25 EASY WAYS TO

Making exercise a regular habit can be a challenge.But, begin with baby steps and

Sun
Mon
Tue
Wed
Thu
Fri
Sat

1

Get out your calendar and schedule exercise time for the next week. Reward yourself when you've completed all scheduled sessions.

2

Place reminders to exercise around the house. Move them to different positions so you won't be able to overlook them. Occasionally change the messages, too.

3

Arrange to meet up with friends for a game of golf, tennis or another favourite sport instead of just for dinner or a coffee.

4

Stand, or walk, while you're talking on the phone. You burn more kilojoules standing rather than sitting and even more when you add movement.

5

Take the stairs instead of the lift. You'll most likely get places even faster when you don't have to wait for the lift to arrive.

GET MOVING

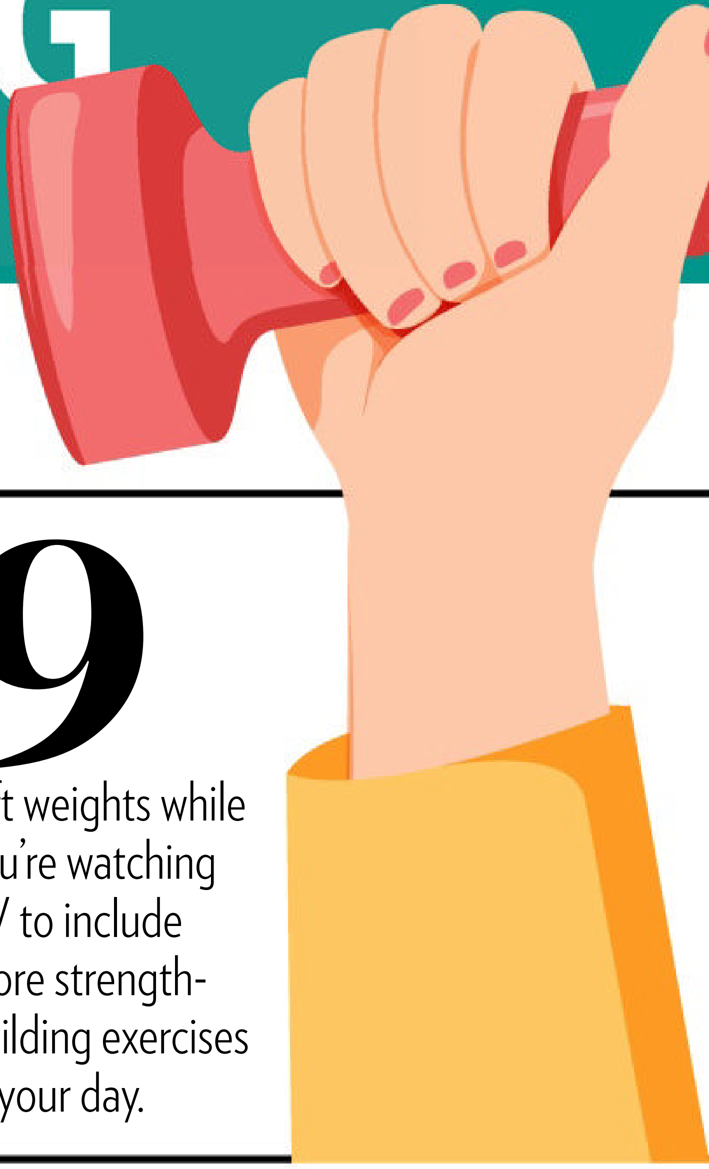
you'll find yourself wanting to move more and more

7

Keep a pair of sneakers close by so you're always ready for action. Stow a pair in your car or under your desk at work as well as at home.

8

Wear a pedometer and strive for 10,000 steps a day. Start the morning with a short walk to get several hundred steps finished early.

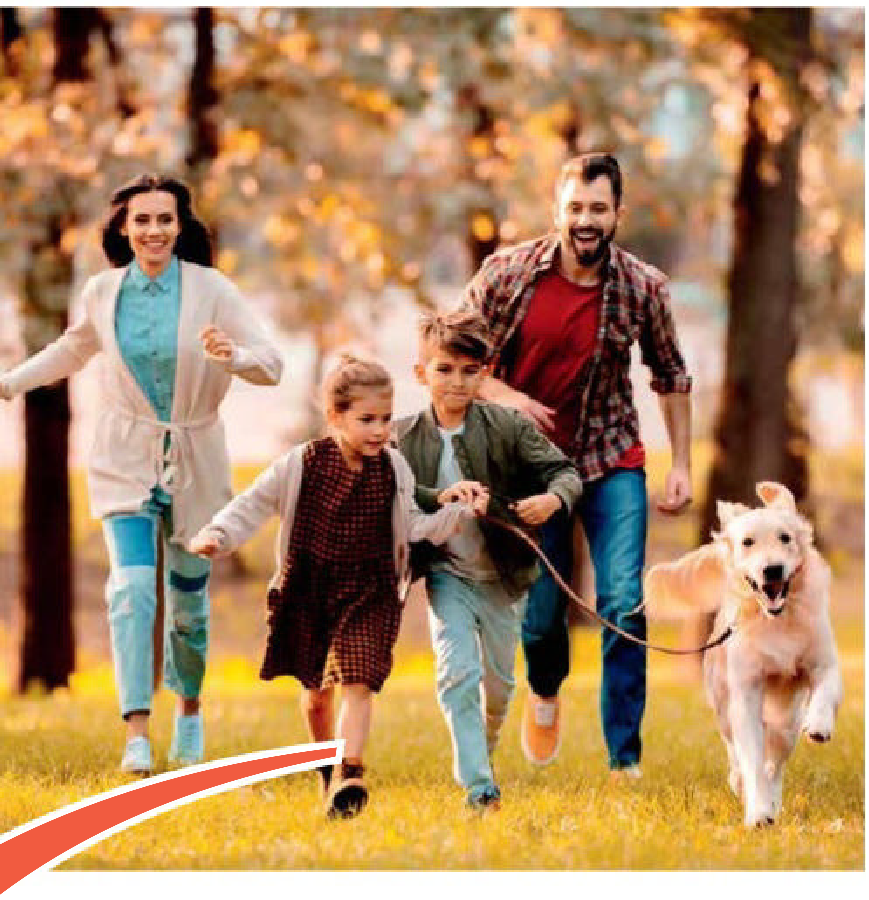


9

Lift weights while you're watching TV to include more strength-building exercises in your day.

10

Use a fitness app if bad weather is keeping you inside. Find a free or paid-for workout that you'll enjoy.



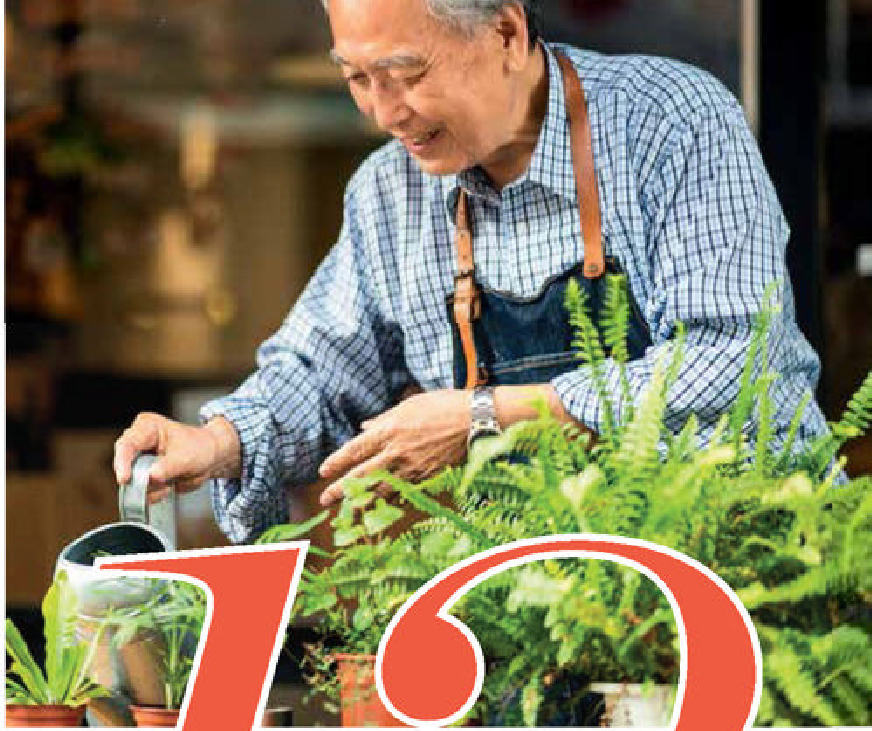
Play with the kids. Whether it's your own children, grandkids, or nieces and nephews, run around with them and try to keep up. This activity comes with guaranteed smiles.

11

Support your favourite causes and be active at the same time by participating in charity walks or races.

12

Take advantage of the seasons. Swim in the summer, take a nature walk in autumn, go for a bracing hike through scenic countryside in winter and have a clean-up in spring.

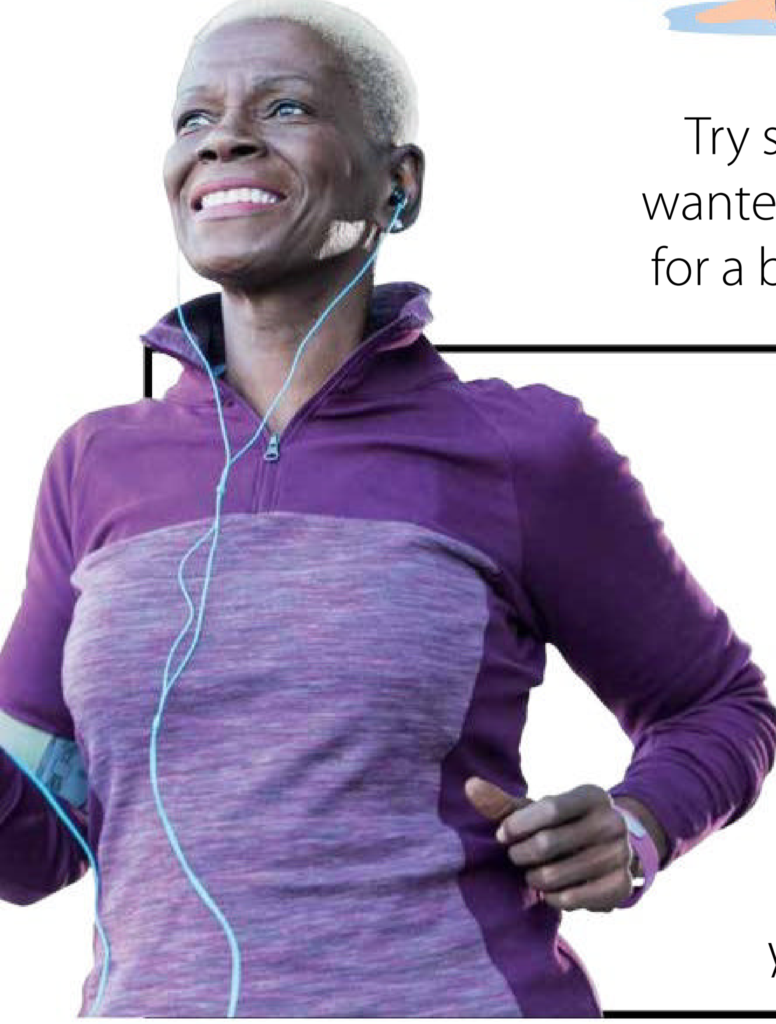


13

Discover the pleasures of gardening. Watering, pruning and planting new shrubs involves lots of movement, and there's a creative payoff, too.

14

Try something that you've always wanted to do. Go kayaking or sign up for a ballroom dancing or yoga class.



15

Listen to an audio book when out walking. You'll walk further to hear more of the story and look forward to your walk tomorrow.

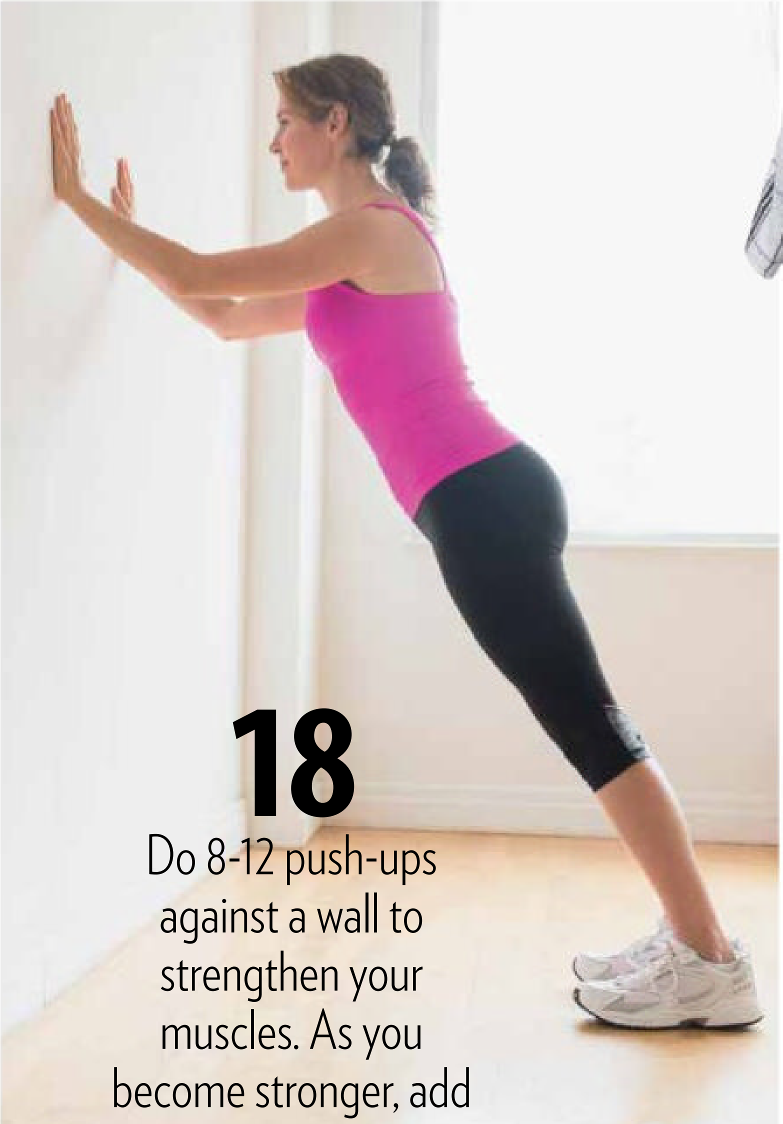
16

Walk rather than drive if you have errands to run near your home - you'll burn kilojoules not petrol money.

17

Start an exercise journal. Write down when you exercise and what workouts you do.

WORDS SHEENA CHIHAK; IMAGES GETTY IMAGES.



18

Do 8-12 push-ups against a wall to strengthen your muscles. As you become stronger, add sets to the routine, or make the push-ups more challenging by doing them on an incline, such as against a kitchen bench.

19

Beautify your home and burn kilojoules while you're doing it. Wash the windows, mop the floors and scrub the bath.

20

Use the bathroom on the floor above or below you (if your home has more than one level) to incorporate climbing stairs into your day. Adopt this strategy wherever you go.

21

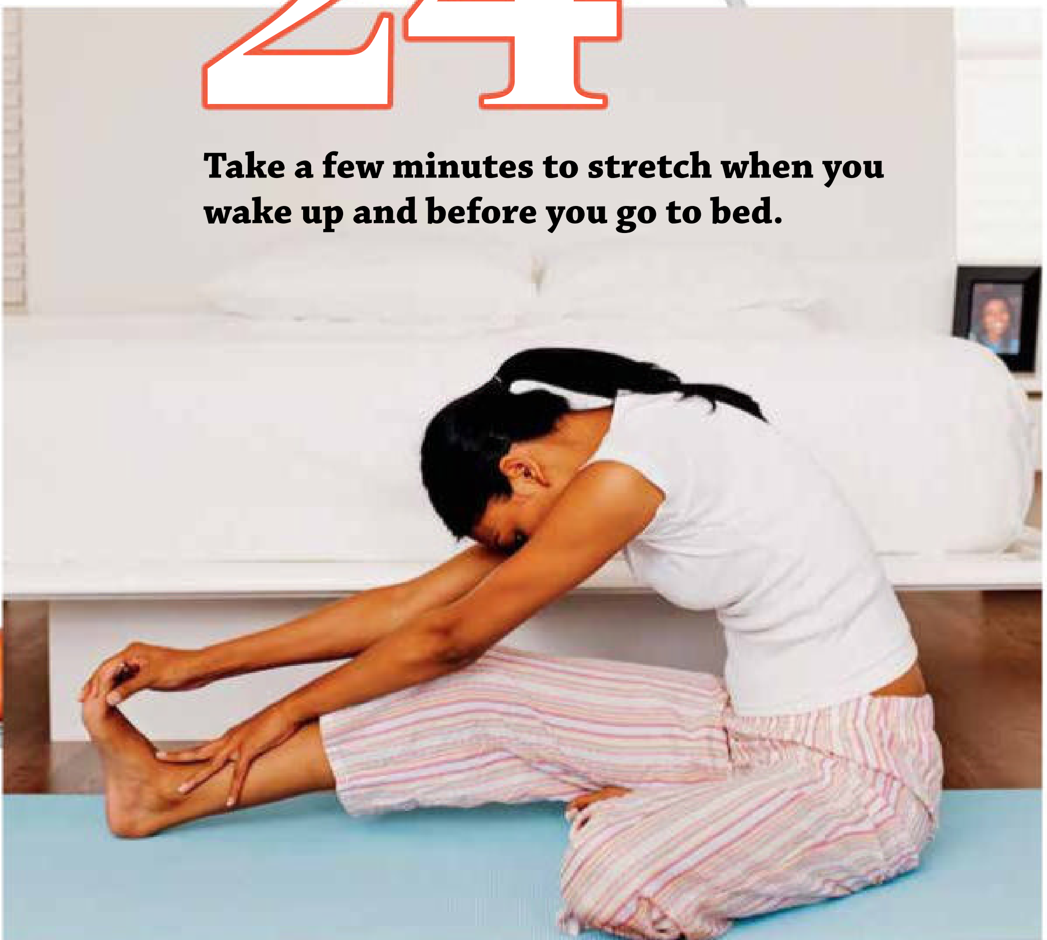
Find an exercise buddy. When you feel beholden to someone else, you're more likely to stick to an exercise routine.

22

Explore the streets in a different neighbourhood when out walking. A change of scenery helps to keep your routine fresh and stimulating.

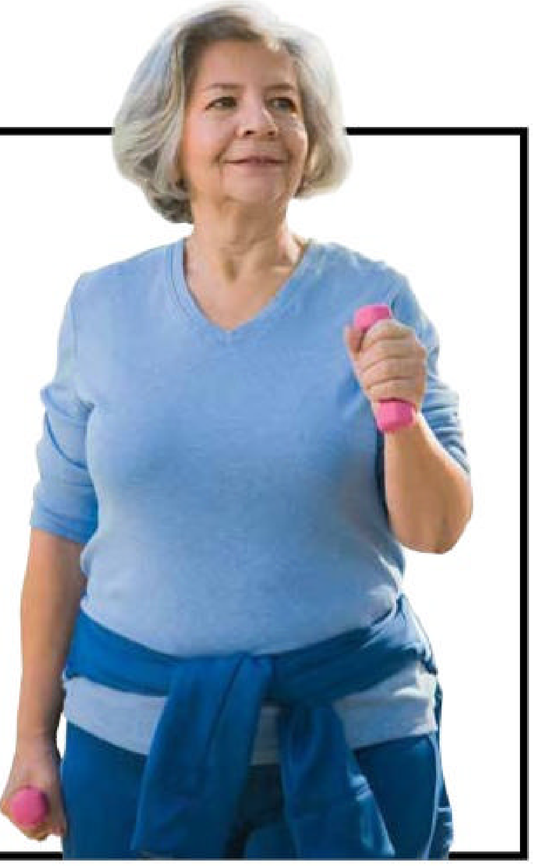
23

Listen to songs that make you feel like moving.



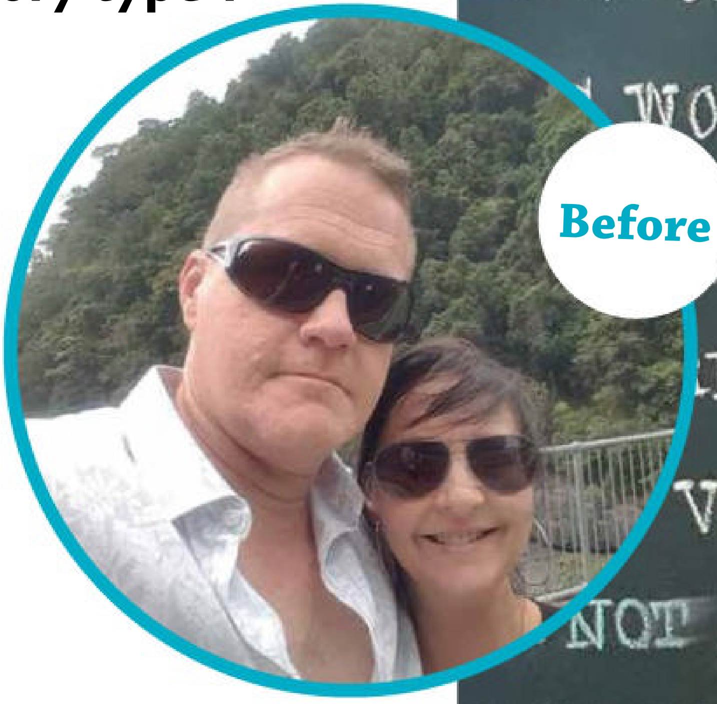
24

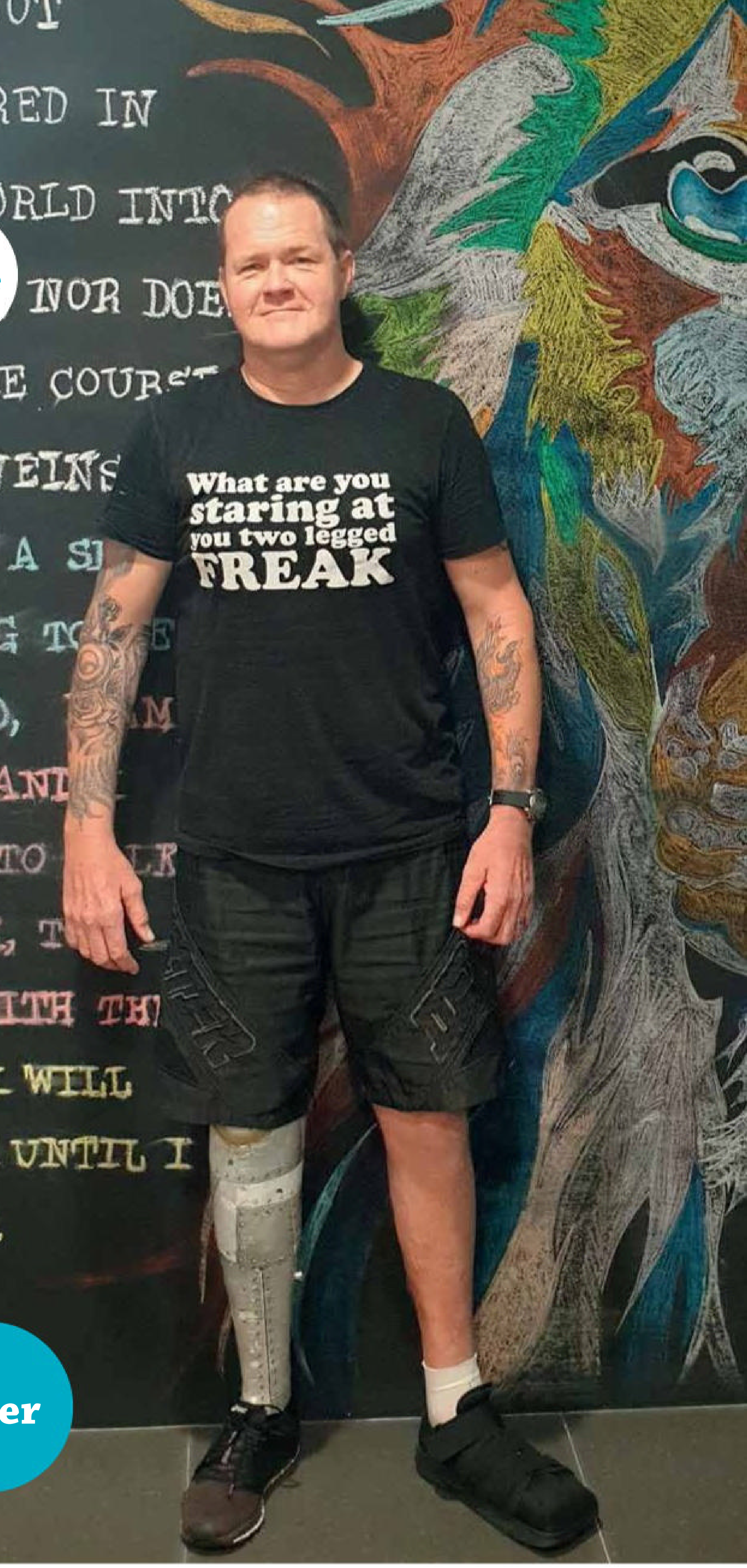
Take a few minutes to stretch when you wake up and before you go to bed.



25

Walk with light weights a couple of times a week to increase the kilojoules you burn and reap the strength-building benefits. ■




What are you staring at you two legged FREAK

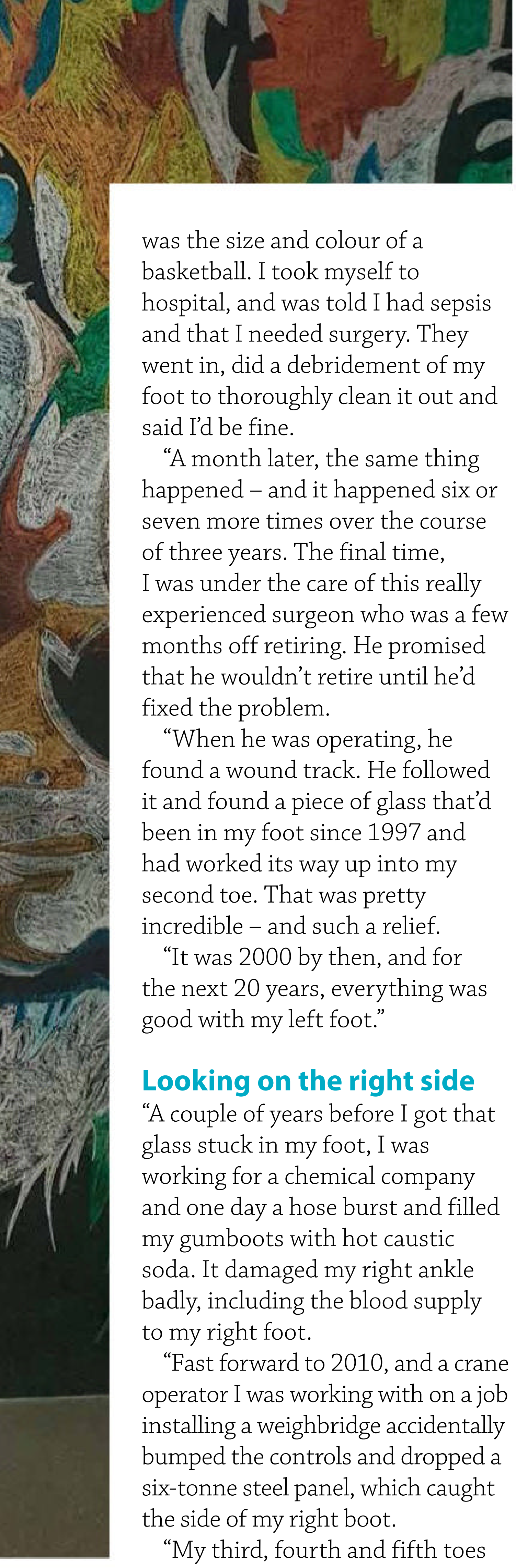
Last year 49-year-old Steve Dale came within a whisker of having his leg amputated thanks to a 23-year-old injury. Having already lost his right leg in 2015, he says the Perth-based specialists and surgeons who saved his left leg saved his life at the same time

In 1997, I was asleep one night when I heard some kids smashing the windows of my car. I ran out to scare them off and stood on the glass, which cut the sole of my left foot.

"Having been diagnosed with type 1 just before my 10th birthday, I knew how important it was to look after my feet, so I went to A&E the next day and it healed really well.

"Two weeks later, I woke up sweating profusely, and my left foot

> *I rang a few people and said my goodbyes"*



was the size and colour of a basketball. I took myself to hospital, and was told I had sepsis and that I needed surgery. They went in, did a debridement of my foot to thoroughly clean it out and said I'd be fine.

"A month later, the same thing happened – and it happened six or seven more times over the course of three years. The final time, I was under the care of this really experienced surgeon who was a few months off retiring. He promised that he wouldn't retire until he'd fixed the problem.

"When he was operating, he found a wound track. He followed it and found a piece of glass that'd been in my foot since 1997 and had worked its way up into my second toe. That was pretty incredible – and such a relief.

"It was 2000 by then, and for the next 20 years, everything was good with my left foot."

Looking on the right side

"A couple of years before I got that glass stuck in my foot, I was working for a chemical company and one day a hose burst and filled my gumboots with hot caustic soda. It damaged my right ankle badly, including the blood supply to my right foot.

"Fast forward to 2010, and a crane operator I was working with on a job installing a weighbridge accidentally bumped the controls and dropped a six-tonne steel panel, which caught the side of my right boot.

"My third, fourth and fifth toes were gone. Then, while I was recovering in hospital, I got an infection and had to have a bit of the side of that foot removed, too. I was told that while getting a small cut in the future would be fine, if anything major happened to my foot, I'd be in trouble.

"Five years later I got that small cut and it turned into a nightmare. I got a massive infection and despite everyone's best attempts, I had my lower right leg amputated in November 2015. It was my choice in the end, after a lot of complications, and when I walked out of hospital on a prosthetic leg a month later, I knew it was the best decision I could have made."

The threat of history repeating

"In early 2020, I got another infection in my left foot, which meant having the old scar tissue dug out and two toes removed, as that's where they thought the infection was hiding. But I couldn't beat it and was in and out of hospital.

"Then one morning, that became the least of my problems. A doctor came sweeping into my hospital room, told me I was in heart failure and asked what medication I was on for my heart condition. I told him he had the wrong room.

"It was completely left field, but he was right. My heart function was so bad, they couldn't operate. They put the heart failure down to having lived with diabetes for 40 years, and the infection in my foot.

"My wife and I were devastated and given this was all happening during COVID, it was even more isolating. But COVID also worked in my favour, because Dr Eric Slimani, the state's leading heart surgeon, was stuck in Western Australia.

"Together, he and Dr Carsten Ritter, who'd tried to save my right leg, too, worked out a plan: Carsten would go in and temporarily clean up my foot, Eric would give me a triple heart bypass and, if I survived that – a big 'if' – Carsten would do a procedure called a fem-pop bypass to try and save my leg. That was another big 'if'.

Jayco
expanda

Steve is living life to the full

"I won't lie – I was mentally preparing myself for the fact that I wouldn't make it. I rang a few people and said my goodbyes, wrote my family letters and made sure my life insurance was paid up.

"But a fortnight later, I'd made it – and so had my leg, which has been a life saver. Losing one leg is one thing, losing two would have changed everything.

"The success of the fem-pop bypass was never guaranteed, but I would have lost my leg, otherwise. As well as the importance of keeping the best control possible of your blood sugar levels without letting it rule your life – which I've always tried to do – the other thing I'd say is that sometimes you have to keep pushing and try an alternative procedure.

"I can use disabled parking now, but never do. After how well I pulled through last year, I feel fortunate. There are so many people in more serious situations than me." ■

WORDS KAREN FITTALL

"I'm back doing the THINGS I LOVE"

After losing 45kg, 62-year-old Lyn Keppler has put her diabetes into remission, is dancing again and has started advocating to help change the public's perception of overweight and obesity, one step at a time

I was diagnosed with type 2 diabetes about 13 years ago, but I actually suspected I had it a few months before that. I've got three children and even when I was pregnant, I never needed to get up in the night to go to the bathroom. I noticed that I'd started doing that, so I knew something wasn't right.

"I went to the doctor, but the tests didn't pick anything up. I wasn't convinced. I had a friend who had diabetes, so I started borrowing his blood glucose monitor. That's when I began noticing some irregularities. I went back to the doctor and finally it was confirmed – I had diabetes.

"I knew a fair bit about it, because as well as my friend having it, my mum has diabetes, too, but I don't think it's until you're the one who's diagnosed that you start to appreciate what it means and what it might mean for your long-term health.

"Initially, I simply used my diet to control things and that worked pretty well for a little while. But eventually, I had to start taking metformin and before long that wasn't controlling it either, so I started injecting insulin as well.

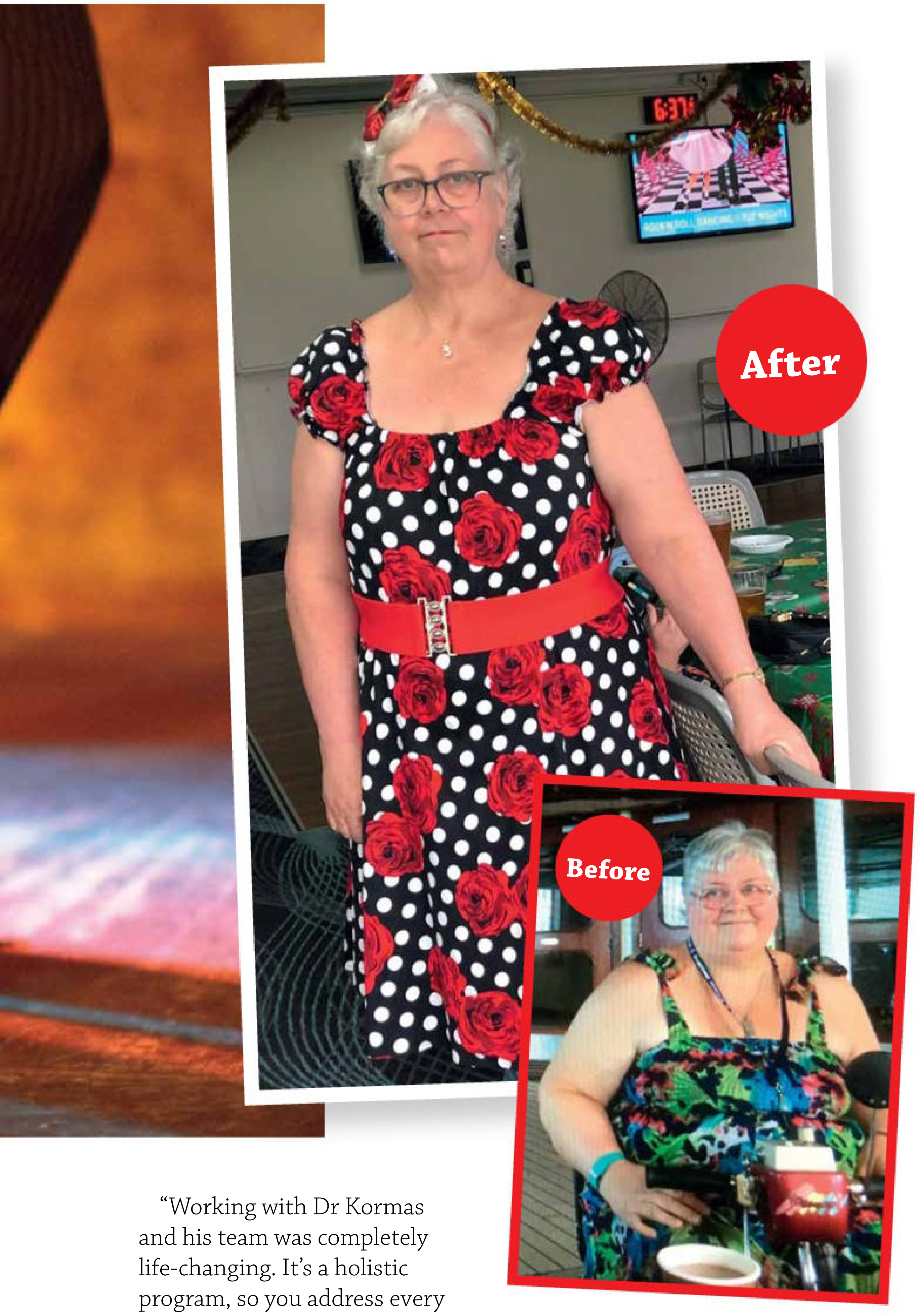
"By that stage, I'd also gained quite a bit of weight and I knew I had to do something about it."

Learning to take control

"To be honest, my weight gain around that time was a bit of a mystery, because in 1985 I'd had my stomach stapled and it had worked really well for me for a long time. Then it just seemed to stop working. It turns out my stomach had formed a fistula, so essentially, I was back to a full-sized stomach but I didn't know that at the time.

"Thankfully, I managed to get into Dr Nic Kormas' weight-loss clinic at Camden Hospital, after my GP referred me. I spent 12 months on the waiting list, but was eventually fast-tracked, because I had sleep apnoea as well.

WORDS KAREN FITTALL



“Working with Dr Kormas and his team was completely life-changing. It’s a holistic program, so you address every aspect of your health rather than it just being about the number on the scale. In other words, they treat you as a person, not just a number.

“A year after I started the program, I was able to have gastric bypass surgery in 2017, and I like to say I earned that. You have to prove that you’re committed to making changes, because the surgery isn’t a magic bullet. I’ve had people say to me that it’s the cheat’s way out. But the thing is, while surgery definitely assists you on your journey, even now, I still have to be very mindful about what I eat and continue to make healthy choices, otherwise I’ll slip back to square one.

“Through a combination of the work I did in the 12 months before surgery, the bypass and my lifestyle now, I’ve lost 45kg. My diabetes is in remission, I’ve lost the walking frame and walking stick that I used to have to use to get around and I’m back to doing the things I love, like dancing. That feels incredible.”

Determined to make a difference

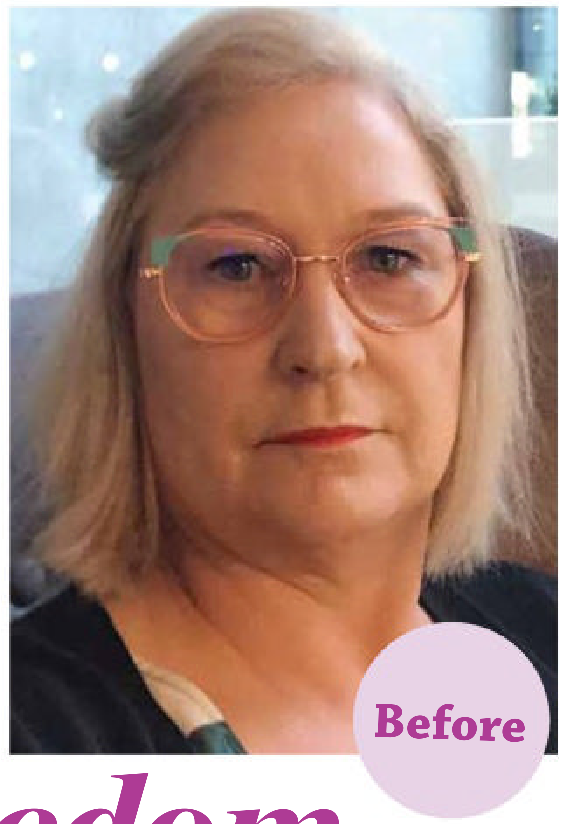
“Not long ago, Dr Kormas asked if I’d consider joining the board of the Weight Issues Network, which is a group committed to changing the narrative and improving understanding about obesity in Australia, as well as breaking down weight-related stigma.

“It struck a chord with me. As well as recognising that obesity is a condition I’ll live with for the rest of my life, regardless of what my weight is at any one time, I’ve been the victim of bias and stigma because of my weight on so many occasions. Over the years, it’s stopped me from going out and doing things, and of course, I remember being taunted as a kid about being overweight.

“The thing is, there are so many different reasons why people are overweight and why they eat, and that stigma and judgement can just make things worse and then it becomes a bit of a vicious cycle. And it’s not just a matter of losing the weight, because that doesn’t get to the heart of the matter.

“One of Dr Kormas’ favourite sayings is ‘but why?’, when, for example, you’ve found it a challenge to get to the gym or eat healthily. He’s determined to get you think about why and also to give you the opportunity to come up with that answer yourself, because that’s the most powerful thing.

“I think we’ve made a start in terms of raising awareness and beginning to change the public’s and even the medical profession’s attitudes towards obesity and the people who live with it every day, but we’ve certainly got a long way to go. Small steps.” ■



“I’m glad for the freedom I have gained”

One day in August, 2020, Tania Pellegrini, 58, experienced what hundreds of other Australians face every day: a diagnosis of type 2 diabetes.

“I’ll never forget when my longtime GP, gave me the news. The impact of diabetes had never been far from my mind. My father had passed away from complications of type 2 and my mother-in-law had been blinded and couldn’t walk from it.”

Tania recalls leaving the GP’s office feeling dazed, worried, and a bit angry. “I felt I had generally been a disciplined person who looked after myself, usually stayed away from sweets, and did everything I could to avoid any form of medication.” She also knew her GP genuinely cared about her and wanted what was best for her but with the diagnosis, he didn’t really provide her any real hope. In fact, rather than a recommendation, he simply asked, “so, what are you going to do?”

“I was angry that it was a foregone conclusion that I would have to come to terms with taking medications to manage my condition.”

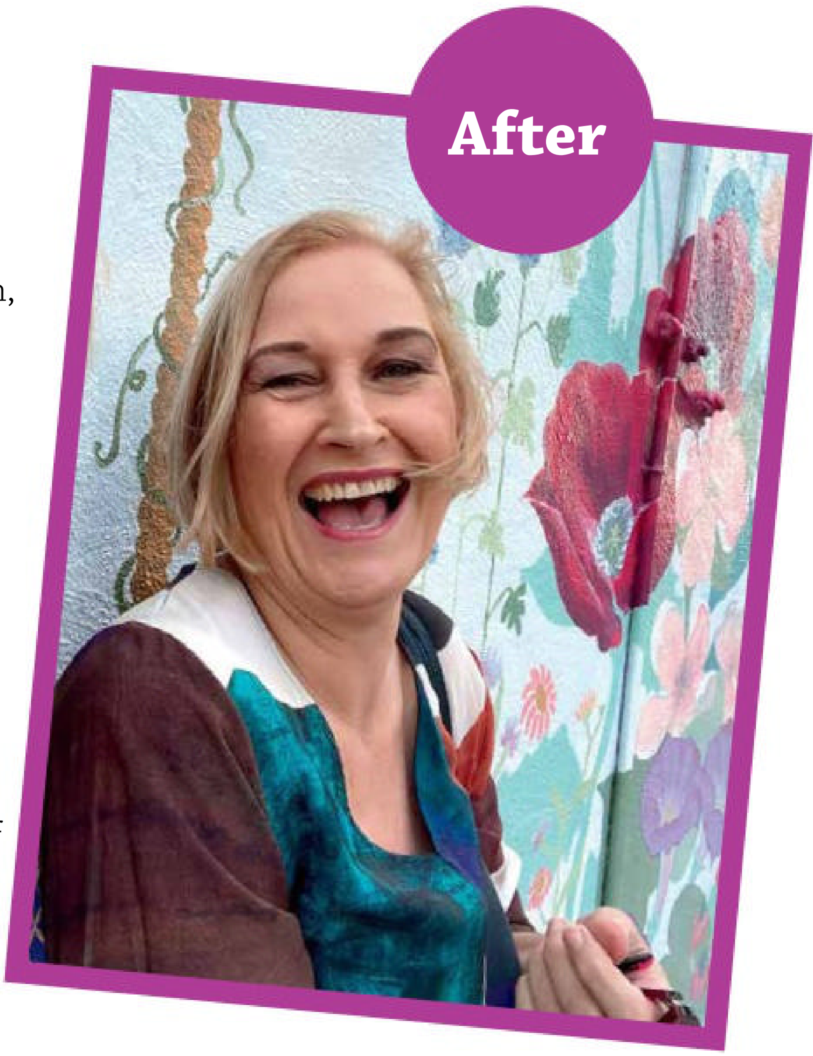
However, years ago she had heard about the possible benefits of a low-carb lifestyle in putting diabetes into remission. So, while she would keep her GP to oversee her overall care, she set out to find a doctor who was a low-carb high-fat expert, which led her to Diversa.

Diversa is a health coaching service with medical supervision that provides extensive support to people with type 2 to safely put their diabetes into remission via a low-carb lifestyle. Rather than the traditional fee-for-service approach, they offer monthly subscription fees that allows members to have unlimited access to coaches while doctors review their pathology results with them and make adjustments to their medications such as insulin and metformin, when necessary.

“Three months after my diagnosis, I had officially reversed my diabetes by improving my HbA1C from 7.3 to 6.4 and was off my diabetes medications. I was so excited that I went to my GP straight away to show him how drastic the results were in such a short period of time and he was shocked. By month seven, I had further reduced my HbA1Cto 6.1 and had lost a total of 10 kgs.

More than just the improved biomarkers though, today she’s grateful for the renewed sense of freedom she experiences daily. “I know that the lifestyle I have chosen, for many, will require significant self-motivation and the type of extensive support like that provided by Diversa, for sustained reversal. However, in my case, I’m glad for the freedom I have gained in learning and obtaining clarity on what works for my body. On a daily basis, I’m now able to make intentional and better nutrition choices.”

For others who are determined not to accept the status quo of “managing” diabetes with medication and roughly the same diet that led to the condition in the first place, she encourages them to give a low-carb lifestyle a go. “You and your GP may be amazed!” ■



PHOTOGRAPHY SUPPLIED BY TANIA PELLEGRINI

YOUR PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that J=5, O=6, and C=7. You can record each letter as you work it out in the letter checker at the bottom of the grid.

2	18	15	15	6	13	■	5	11	11	4	21	24	10	■	17	25	2	18	4	17
■	12	■	18	■	11	■	6	■	1	■	23	■	4	■	25	■	25	■	18	■
19	9	21	12	■	7	26	24	21	7	■	22	6	6	12	11	■	6	9	12	6
■	4	■	11	■	3	■	19	■	15	■	9	■	20	■	4	■	6	■	6	■
5	11	17	14	3	21	■	9	3	9	15	11	15	11	■	18	23	13	11	4	11
■	■	2	■	■	14	3	21	■	8	■	■	■	15	6	13	■	■	■	22	■
14	23	6	6	17	25	■	15	6	21	17	11	4	14	■	26	11	6	23	18	24
■	21	■	2	■	■	■	■	■	24	■	23	■	■	■	■	■	20	■	7	■
18	14	13	11	7	17	■	22	9	10	18	22	6	6	■	17	25	18	24	3	14
■	19	■	■	■	6	18	4	■	■	■	15	■	23	6	2	■	■	11	■	■
4	9	11	16	9	15	■	18	22	14	17	18	21	24	■	6	22	5	11	7	17
■	6	■	9	■	15	■	12	■	18	■	12	■	21	■	14	■	9	■	25	■
14	17	9	24	■	2	25	21	4	15	■	6	4	22	21	17	■	23	6	6	4
■	11	■	10	■	18	■	24	■	20	■	24	■	9	■	11	■	22	■	3	■
6	8	8	21	17	26	■	10	4	6	9	14	11	14	■	13	4	6	22	11	14

1	2	3	4	5 J	6 O	7 C	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.

		3		5				
		2	9		8		5	
					6	3	4	
	7	8		2			1	
						4		
					1		9	
	2							4
	1			7		5		
7	8				4	2		

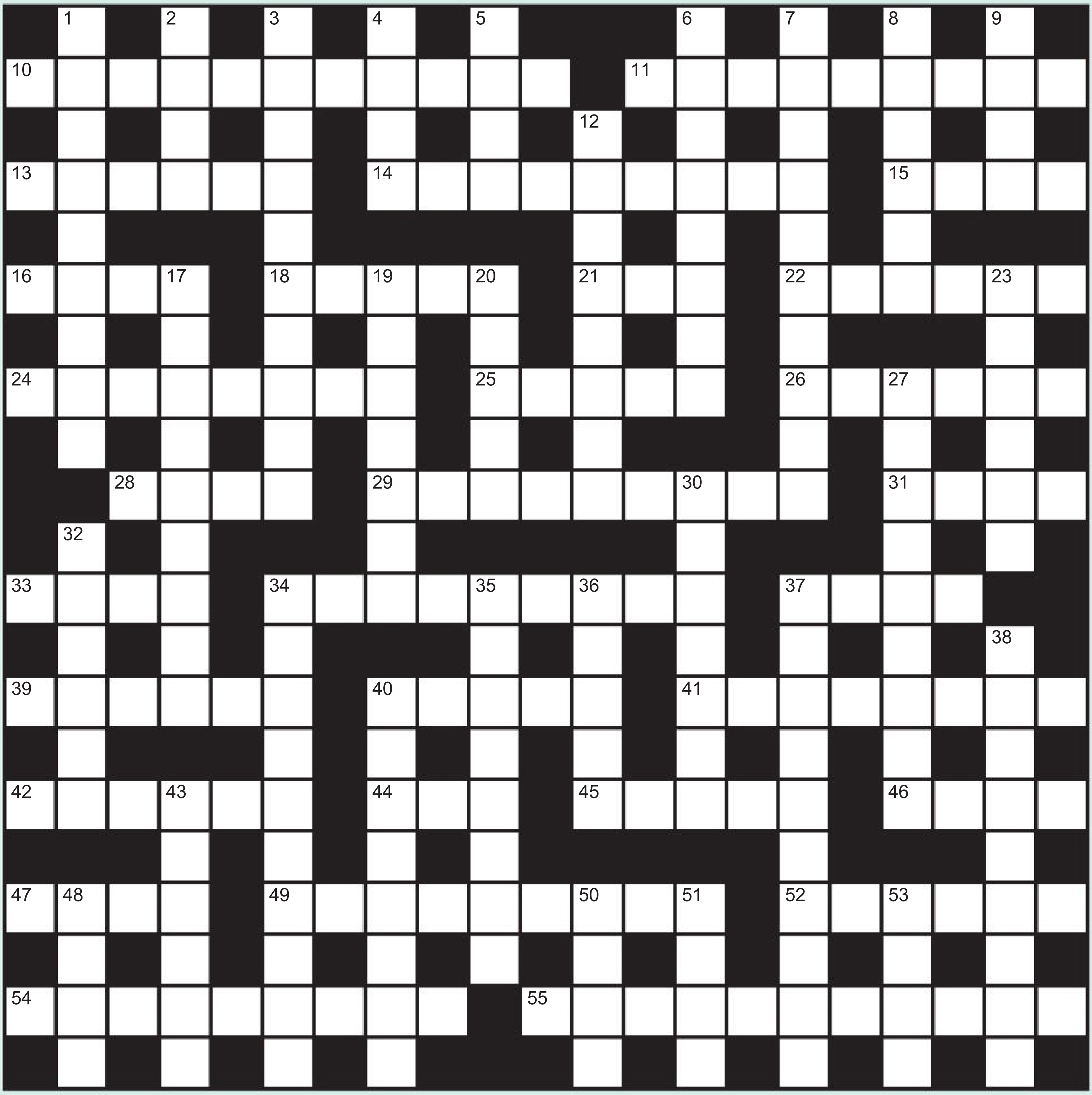
CHUNKY CROSSWORD

Sharpen your pencil and show what you know.

For solutions, see page 126.

ACROSS

10 Dissuaded (11)
11 Buenos Aires's country (9)
13 Disagree with (6)
14 Portable music listening device (9)
15 Tiny arachnid (4)
16 Coat of --, family crest (4)
18 Elephant --, marine mammals (5)
21 Zero (3)
22 Erupting spring (6)
24 Aubergine (8)
25 Different one (5)
26 Rain cloud (6)
28 Jab, poke (4)
29 Science subject (9)
31 Raining -- and dogs, pouring (4)
33 Bound along (4)
34 Wookie character from *Star Wars* (9)
37 Opera set in Egypt (4)
39 Place in a crypt (6)
40 Happen again (5)
41 Flatmate (8)
42 Mollusc (6)
44 Big shot (1,1,1)
45 -- Butler, Clark Gable role (5)
46 Swedish pop group (4)
47 Language spoken in Bangkok (4)
49 Skydiver's kit (9)
52 George --, author of 1984 (6)
54 Candidate (9)
55 Special military units (11)



DOWN

1 It contracts when you have hiccups (9)
2 Resound (4)
3 Australian state (10)
4 Valley (4)
5 Change direction, turn (4)
6 Grainy (8)
7 Paper shop (10)
8 Short (6)
9 Biting insect (4)
12 China's largest city (8)
17 Caped comic strip crimefighter (9)
19 Teleprompter (7)
20 Cooking range (5)
23 Fairness (6)
27 Australian nut (9)
30 Plant that produces antifungal oil (3-4)
32 Cheesy sauce (6)
34 World created in virtual reality (10)
35 Hiker's bag (8)
36 One who looks after a disabled person (5)
37 Punctuation mark (10)
38 Steadiness (9)
40 Clergyman (8)
43 Threefold (6)
48 Extensive publicity (4)
50 Second-hand (4)
51 Red-coated cheese (4)
53 Songbird (4)

Feel better in 5

Big changes start with simple steps. Try these ideas to help improve your wellbeing

1

JUST... BREATHE

It might sound like a dismissive piece of advice when you're feeling stressed out but it really does work – provided you breathe in a particular way. Meet 'diaphragmatic breathing'. That's the type where you breathe so that it's your stomach rather than your chest that's doing the hard work for you. When researchers put the theory to the test they found that diaphragmatic breathing not only lowered perceived stress levels, it zapped actual levels of cortisol, the stress hormone, too.

To make it work, place one hand on your upper chest and the other just below your rib cage – this will allow you to feel if your diaphragm is moving as you breathe. Next, breathe in as slowly as you can through your nose so that your stomach moves out against your hand, making sure your chest stays as still as possible. Then, to breathe out, tighten your stomach muscles, keep your chest still and exhale through your mouth – again, as slowly as you can. Try doing it for five or 10 minutes whenever you need to relax.

2

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IMMUNITY ON YOUR MIND?

It makes sense if it is given the time of year. And the good news is there are things you can do to give your immune system a boost. Research shows that everything from exercise to getting enough sleep can boost the activity of specific immune cells, but there's also growing evidence that eating plenty of fruit and vegetables is good for your immune system too. One of the reasons is because fruit and veg are rich in the prebiotic fibres that feed your gut's good bacteria, with gut health playing a key role in a strong immune system. Trouble is 90 per cent of Australian adults don't eat the recommended daily serves of vegetables and one in two aren't eating enough fruit either.

BodyCare Nutrition's Revitalise (bodycarenutrition.com.au) is a fast-acting multivitamin shake which can help to strengthen your immune system because it delivers a hit of that all-important prebiotic fibre. Plus, it also contains several other nutrients that support healthy immune function, including vitamin A, vitamin C, folic acid, iron and zinc. And, it's tasty! Available in vanilla, chocolate and coffee flavours, you can choose your favourite. For free delivery, use the shopping cart coupon code goodhealth2021.*

Before you take any supplements, it's important to first discuss the effects it may have on your diabetes and/or medication with your healthcare team.

3

HOW TO HAVE A HAPPY MEAL

No, we don't mean the takeaway variety, we mean a meal that'll deliver a mood-boosting effect. It turns out 'nutritional psychiatry' is a genuine thing, with studies not only proving that what we eat influences our mood, but that there's even something called an Antidepressant Food Score, which ranks foods based on how dense they are in nutrients that have proven mood-boosting abilities. Specific foods that rank highly include seafood, fresh herbs, strawberries and green leafy vegetables, but for the biggest benefit, researchers simply suggest following a heart-healthy Mediterranean-style diet rich in plant-based foods and olive oil, a moderate amount of fish and poultry, and a lower intake of dairy, red and processed meats and sweets.

4

MUSHROOMS REALLY ARE MAGICAL

New research out of the US confirms that the humble mushroom can help protect against cancer. Performed at Pennsylvania's Penn State College of Medicine, the study shows that people who ate just 18g of mushrooms every day were 45 per cent less likely to develop cancer than those who didn't. As well as being rich in a variety of vitamins, nutrients and antioxidants, mushrooms are also the highest dietary source of something called ergothioneine, an amino acid that's a unique and potent antioxidant and cellular protector. Even better news is that while more exotic varieties of 'shrooms, like oyster and shiitake do contain bigger amounts of ergothioneine, the study revealed that eating any type of mushroom – including white buttons – delivered the protective effect.

5

HAVE A DRY JULY

Trying to drink less? A great place to start is by signing up for Dry July. That's the month-long fundraiser that encourages people to go alcohol-free in July in order to raise funds for people affected by cancer. By participating you'll not only sleep better, save money and feel genuinely chuffed that you're doing your bit for a great cause, research also shows that one in two people who participate in month-long dry events drink significantly less in the months that follow, as a result. Head to dryjuly.com to find out more or to sign up. ■

WORDS KAREN FITTALL PHOTOGRAPHY GETTY IMAGES

Turn upside down for puzzle solutions

puzzles solutions

Code Cracker

W	A	L	L	O	P	■	J	E	E	R	I	N	G	■	T	H	W	A	R	T
■	Z	■	A	■	E	■	O	■	X	■	M	■	R	■	H	■	H	■	A	■
Q	U	I	Z	■	C	Y	N	I	C	■	B	O	O	Z	E	■	O	U	Z	O
■	R	■	E	■	K	■	Q	■	L	■	U	■	V	■	R	■	O	■	O	■
J	E	T	S	K	I	■	U	K	U	L	E	L	E	■	A	M	P	E	R	E
■	■	W	■	■	S	K	I	■	D	■	■	■	L	O	P	■	■	■	B	■
S	M	O	O	T	H	■	L	O	I	T	E	R	S	■	Y	E	O	M	A	N
■	I	■	W	■	■	■	■	■	N	■	M	■	■	■	■	■	V	■	C	■
A	S	P	E	C	T	■	B	U	G	A	B	O	O	■	T	H	A	N	K	S
■	Q	■	■	■	O	A	R	■	■	■	L	■	M	O	W	■	■	E	■	■
R	U	E	F	U	L	■	A	B	S	T	A	I	N	■	O	B	J	E	C	T
■	O	■	U	■	L	■	Z	■	A	■	Z	■	I	■	S	■	U	■	H	■
S	T	U	N	■	W	H	I	R	L	■	O	R	B	I	T	■	M	O	O	R
■	E	■	G	■	A	■	N	■	V	■	N	■	U	■	E	■	B	■	K	■
O	D	D	I	T	Y	■	G	R	O	U	S	E	S	■	P	R	O	B	E	S

1 X	2 W	3 K	4 R	5 J	6 O	7 C	8 D	9 U	10 G	11 E	12 Z	13 P
14 S	15 L	16 F	17 T	18 A	19 Q	20 V	21 I	22 B	23 M	24 N	25 H	26 Y

Sudoku

8	6	3	4	5	7	9	2	1
1	4	2	9	3	8	7	5	6
9	5	7	2	1	6	3	4	8
4	7	8	3	2	9	6	1	5
2	9	1	8	6	5	4	3	7
5	3	6	7	4	1	8	9	2
6	2	9	5	8	3	1	7	4
3	1	4	6	7	2	5	8	9
7	8	5	1	9	4	2	6	3

Crossword

Across: 10 Discouraged, 11 Argentina, 13 Oppose, 14 Earphones, 15 Mite, 16 Arms, 18 Seals, 21 Nil, 22 Geyser, 24 Eggplant, 25 Other, 26 Nimbus, 28 Prod, 29 Chemistry, 31 Cats, 33 Lope, 34 Chewbacca, 37 Aida, 39 Entomb, 40 Recur, 41 Roommate, 42 Oyster, 44 VIP, 45 Rhett, 46 ABBA, 47 Thai, 49 Parachute, 52 Orwell, 54 Applicant, 55 Detachments.

Down: 1 Diaphragm, 2 Echo, 3 Queensland, 4 Dale, 5 Veer, 6 Granular, 7 Newsagency, 8 Stumpy, 9 Gnat, 12 Shanghai, 17 Superhero, 19 Autocue, 20 Stove, 23 Equity, 27 Macadamia, 30 Tea-Tree, 32 Mornay, 34 Cyberspace, 35 Backpack, 36 Carer, 37 Apostrophe, 38 Stability, 40 Reverend, 43 Triple, 48 Hype, 50 Used, 51 Edam, 53 Wren.

index

BREAKFAST & TOPPERS

53 Black bean & barley cakes with poached eggs
70 Blackberry & oat apple bake 🟢
71 Blueberry & almond oat bake 🟢
70 Cocoa cherry oatbake
52 Mandarin & vanilla porridge with citrus fruit
52 Peanut butter, date & oat parfait

LIGHT MEALS, SNACKS, SIDES & STARTERS

44 Carrot & lentil soup with caraway toasts 🟠🔴🔵🟢
57 Chunky bolognese soup with penne 🟠🔴
25 Creamy potato, mushroom & leek soup 🟠🟣🔵
56 Cumin roast vegies with tahini dressing 🟡🔴
48 Curried cauliflower soup 🟠🟣🔵🟢
65 Feta & mandarin lunch bowl 🟡
38 Green smoothie 🟡🟢
58 Miso beansprout rolls 🟠🟣
38 Ricotta & spinach triangles 🔵🟢
55 Sweet potato jackets with pomegranates & celeriac slaw 🟡
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67 Balsamic lentil pies with vegie mash 🟠
26 Beef & potato curry 🟠🔵🟣
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41 Creamy cauliflower, leek & bean soup 🟠🔴🔵🟢
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34 Curried root vegetable & lentil casserole 🟠🔵
60 Eggplant dhal with tomato & onion raita 🟠
62 Herb & ricotta chicken with mushroom rice 🟠
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34 Morrocan lamb stew 🟠🔴
27 Pea, feta & herb frittata 🟠🟣🔵🟢
60 Penne with broccoli, lemon & anchovies 🟠🔴
16 Pesto salmon & beans 🟠🟣
33 Pork, mustard & cider casserole 🟠🔴🔵
23 Potato, salmon & caper salad with creamy dill dressing 🟠🟣
66 Ricotta, broccoli & lemon penne 🟠🔴
18 Roast chicken traybake 🟠🟣
59 Rosemary balsamic lamb with vegie mash 🟠🔴
63 Spicy fish stew 🟠🔴
19 Spicy peanut butter chicken breast 🟡🔴
64 Spicy vegetable stew with coconut 🟠
38 Spinach, tomato & rosemary lentils with paprika chicken 🟡🟣
66 Wild mushroom & ricotta rice with rosemary & thyme 🟠

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75 Baked apples and raspberries with quinoa almond crumble 🟢
78 Berry and apple crumble 🟡🟢
76 Little lemon self-saucing pudding pots 🟢
76 Rhubarb and vanilla baked custard 🟡🟢
75 Roasted pears with cinnamon labne 🟡🟢

KEY 🔵 Freezable 🟡 Gluten free 🟠 Gluten-free option 🟢 Vegetarian 🟣 Lower carb 🔴 Lower-carb option

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

LOWER-CARB OPTION When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.

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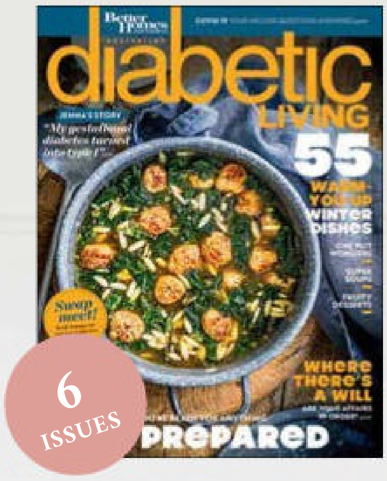

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LOVE THE LABEL

Our type 1 columnist discovers that a label is just a word and that camp rocks!

I've never been too fond of labels. In my mind, I'm not a Type 1 diabetic but someone living with Type 1 diabetes. It may seem a little pedantic, but the subtle difference is something I think is important. Diabetes is a different race for everyone. The basics are the same or at least similar but the way we all manage this unwelcome, lifelong partner called T1D largely depends on us, our character, our physique, our mindset and all the ingredients of our lifestyle.

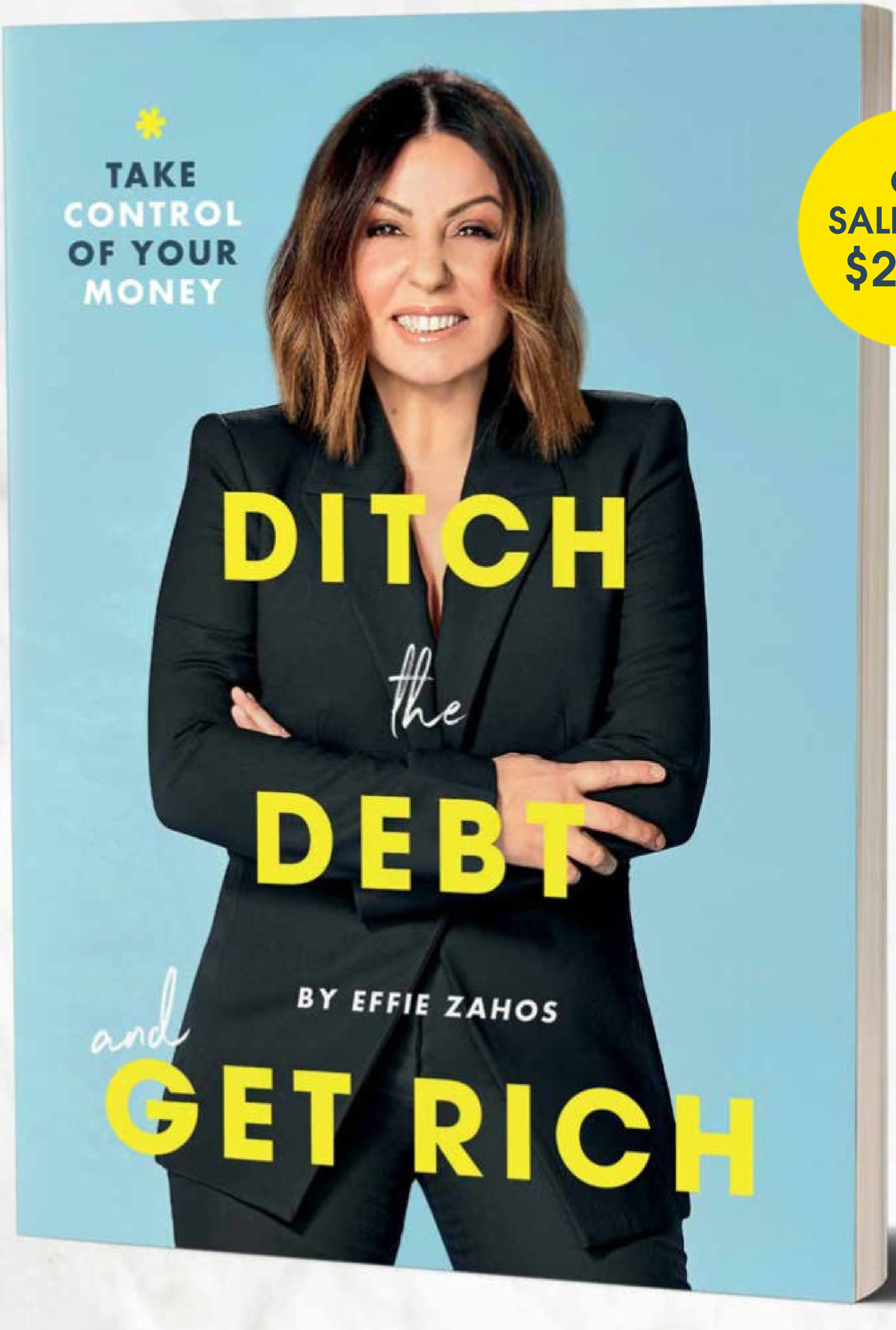
At the start, a T1D diagnosis is pretty world changing. Everyone has their own way of dealing with it but ultimately the end goal for most of us is the same. We all want to achieve a happy healthy life and make diabetes background noise.

Here's where the first label I remember comes along, They called it "Diabetic Camp". I remember at times hating this new name I had unfairly acquired. 'Diabetic'. It would happen in odd moments. "I'm not a diabetic... I'm Robbie." It would cause me to sneak food, lie about BGL's and at times lay blame on my folks for the unfairness of the new normal. Diabetic camp was something that many had told me was going to be awesome and at 7 years old, with an urgent desire to feel as normal as possible, they could call it anything they like - I was all in. Was every kid there going to be counting portions and injecting insulin? (Pre pump days.) Would I see a hypo from another perspective? I was nervous but excited.

I can see how as a parent you may feel that by joining the "camp group" you are submitting to this condition that you didn't ask for or want for your child. You may be nervous about realising the entirety of the challenge ahead or even worried about releasing your control of a sometimes out-of-control condition, but what a "living your best life with diabetes camp" can give you and your child is understanding and familiarity along with confidence, mateship and pride. My initial thought after finishing my first camp was, 'how long till I can do this again?' Camp had increased my independence, I'd injected without mum or dad, I'd discussed my thoughts on insulin dosage, I'd seen a hypo, I'd helped check a mate's portions, I'd sent a note to the girls dorm, I'd performed in a talent quest and never once was diabetes seen as an inconvenience except maybe for the hypo. I'm still trying to live my best life with diabetes and the aptly labelled 'diabetic camp' I attended for five years certainly launched me into a happy trajectory. ■

PHOTOGRAPHY DAVID THOMPSON (PORTRAIT); ADDITIONAL PHOTOGRAPHY GETTY IMAGES

TIME TO
TAKE ACTION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